

COSMOPOLITAN

A full-page photograph of Lara Del Rio, a blonde woman with a joyful expression, sitting on a white surface. She is wearing a light pink, one-piece swimsuit with a large bow at the bust and a thin strap over her right shoulder. Her legs are crossed at the ankles, and her hands are resting on her knees. The background is a plain, light-colored wall.

Summer? Yep, Lara's nailing it

**FEEL HAPPY
IN YOUR BIKINI**
NEW STYLES YOU'LL LOVE

COSMO REPORT:

**Bargain
Botox**

The \$13 jab getting
women hooked

COSMO'S

**SEXY
ADVENT
CALENDAR**

NO CHEAP CHOCOLATE,
JUST CHEEKY FUN

relax!

**IT'S THE
HOLIDAYS**

35

perfect
summer
dresses &
playsuits

4

cute ways
to style
salty hair

30

brilliant
books to
take to
the beach

JANUARY 2016



MY BIKINI

Alana, Gigi & Gabby

A PRODUCT OF THE SEARCH





COSMOPOLITAN

JAN

60

Lara Worthington
does summer

- 32** 4 cute ways to style salty hair
- 43** 35 perfect summer dresses and playsuits
- 50** Feel happy in your bikini: styles you'll love
- 77** Bargain Botox: The \$13 jab getting women hooked
- 129** Sexy advent calendar
- 166** 30 brilliant books to take to the beach



THIS ISSUE'S
VIEWA

Pg 53: What *Cosmo* got up to in Spain.
Pg 59: Fashion Yes or No with men's style blogger Nathan McCallum.
Pg 65: BTS with Lara Worthington.
Pg 164: Make your own terrarium.



86

THIS MONTH

- 8 From the editor
- 10 What's up, January?
- 158 Our FFF winners
- 171 Astro special

ONLY IN COSMO

- 13 6 degrees of bad blood
- 14 What to do when you hate your engagement ring
- 16 Real talk: the beach
- 18 #shoutyourabortion
- 20 Marky ponders...
- 22 Confessions

BEAUTY EDIT

- 25 Return of the face mask
- 29 The NYE smoky eye
- 30 If your skin is...
- 36 Beauty game changers
- 38 Guide to holiday hair
- 40 Beauty Q&A

STYLE EDIT

- 43 Let's party
- 46 Play date
- 48 Off-the-shoulder tops
- 54 Do summer like Gigi
- 56 What to wear to a summer wedding
- 58 Guy's guide to NYE style

FEATURES

- 66 How successful women set up a kickass year
- 72 Women in war zones
- 82 'I get paid to emotionally abuse men'
- 86 WTF happened last night?
- 90 Tourette's doesn't always sound like you think
- 93 Julia Gillard: "I wish I called out sexism earlier"

LET'S GO SHOPPING

- 98 The scenic route
- 106 Vibes like this
- 114 Here come the holidays
- 120 Tick tock, beach o'clock

LOVE & LUST

- 134 Star seduction guide
- 136 'I hired a hooker with my husband'
- 138 Manthropology
- 140 Ask him anything

BODY LOVE

- 143 Sleep with someone and actually get some sleep
- 144 Tricks of the super PT
- 148 Salads that will satisfy you
- 150 The do anywhere workout
- 154 Summer vs your vagina
- 157 6 horrifying health facts

LIFESTYLIST

- 161 Design the perfect gallery wall

44



103

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3. Maybelline New York EyeStudio Master Precise Eye Liner, \$13.95
4. Revlon Ultra HD Lipstick in Camellia, \$23.95
5. L'Oréal Paris Brow Artist Plumper in Transparent, \$18.95

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YOUR
FAVOURITE
BEACH
READ?

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The Count of Monte Cristo, Alexandre Dumas. A brilliant, page-turning adventure to get lost in.

High Fidelity, Nick Hornby.

The Bronze Horseman, Paullina Simons. An epic, all-consuming love story.

The Valley of Horses, Jean M Auel. This series taught me how a woman should be treated in the boudoir.

Pants on Fire, Maggie Alderson.

19 minutes, Jodi Picoult.

Looking for Alibrandi, Melina Marchetta.

The Power of One, Bryce Courtenay. It's so inspiring.

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COSMOPOLITAN WELCOME



It's not every day that your phone rings and the voice at the other end says, "Hi Bronwyn, it's Julia Gillard speaking..."

Of course I knew I had an interview scheduled, but I assumed someone at her end would call me and patch me through. Nope, just Julia calling

for a chat. It feels disrespectful to call her Julia, kind of like when you transition from calling your school friend's mum "Mrs Fletcher" to calling her Margaret. It's awkward. But after fumbling through various forms of her name, she assured me Julia was just fine. We exchanged easy banter on everything from living near the beach (her dog Reuben loves it), spending time with family (her nieces and nephews), her bond with Hillary Clinton and the enjoyment of now being able to live in the moment, rather than tensely carrying her phone everywhere and breaking off on telephone calls to deal with urgent matters. Apparently Tim's a whiz on the pizza oven, too. Life is good. She is relaxed and funny and I could have nattered to her all day.

But the real reason we were on the phone was to discuss her ongoing commitment to the education of women both globally and locally and her fancy new title of Chancellor of Ducere (an online higher education provider). We reached out to Julia earlier this year and asked her to speak at this year's Cosmo Women of the Year Awards, which took place a few weeks ago on November 19.

Much to our surprise and a lot of office high-fives she agreed (you can watch a video of her speech at Cosmopolitan.com.au). And then she went one better, offering us an MBA and bachelor degree through Ducere to give away to *Cosmo* readers looking to further their education and kickstart a new career. The total value of these two scholarships is close to \$100K. Geez, I'm glad we made that call to ask her to our awards!

So now it's over to you. Are you a budding entrepreneur? An innovator? A leader wanting to make your mark? This could be your moment. To find out how to score one of the scholarships head to ducere.co/fff.

Congratulations to all of our Fun Fearless Female nominees and winners.

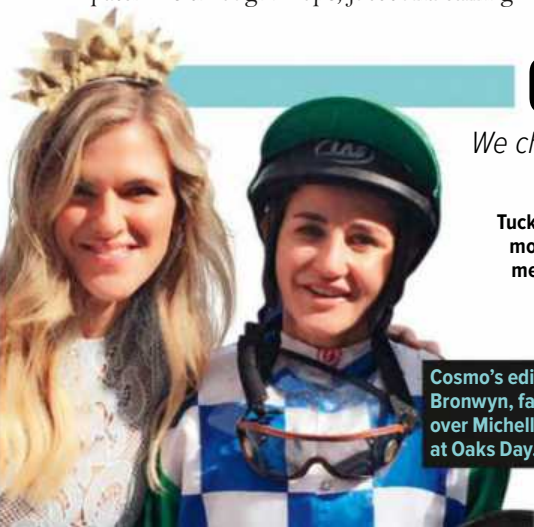
Happy Christmas everyone and enjoy the issue.

Bronwyn xx

Bronwyn McCahon, EDITOR
[@bronwynmccahon](https://twitter.com/bronwynmccahon)

ONE FOR THE GIRLS!

We cheered on the first female Melbourne Cup winner...



Tucking into the most delicious meal pre-Cup.

Cosmo's editor, Bronwyn, fangirling over Michelle Payne at Oaks Day.



Team Cosmo celebrating Michelle's historic win at The Royal in Paddington, Sydney.



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Neutrogena®

this month



1

1. THE SCENT

Revamp your perfume shelf this summer with Cosmo's very own new fragrance. The bergamot and nectarine top notes, accentuated with hints of night-blooming jasmine, will give you fun, fearless feels. RRP \$29 (30ml). Available at Priceline Pharmacy and selected Terry White and Nova Pharmacy stores.

2. THE FESTIVAL

Have a kickass New Year's Day by snagging yourself a place at Sydney's Field Day on January 1. With The Wombats, SAFIA and Flight Facilities in the line-up, it's looking epic. Head to fieldday.sydney for tickets.

3. THE FILM

Laugh your pants off on January 7 as Tina Fey and Amy Poehler star in the new film *Sisters*. Is it possible to be too excited?!

5



2



3



4

WHAT'S HAPPENING, JANUARY?

Cosmo's run-down of all the cool things you need to do, see, hear and talk about this month

4. THE FRENCH

Your fave French festival, So Frenchy So Chic in the Park, returns to Melbourne on January 10 and Sydney on January 16, offering awesome music, fresh baguettes, tasty macaroons – YUM! For more info visit sofrenchysochic.com.au. Tickets available at ticketmaster.com.au.

5. THE BDAY

Did you know that January 5 is Bradley Cooper and Suki Waterhouse's birthday?



6

6. THE HOLIDAY

Over looking at everyone's vaycay snaps, while you're still at home? It's time to start planning your own! Busabout.com has great adventure options – book today.



7

7. THE FASHION

Master gym-to-street style with Russell Athletic's summer workout range, a collaboration with Stephanie Rice that's full of on-trend colours and comfortable fabrics. Visit russellathletic.com.au. Fever 7/8 tights, RRP \$59.99.

8. THE PERF DATE

Grab a picnic rug and head down to Flickerfest at Bondi Beach from Jan 8-17 to watch some of the nation's best short films under the stars. Visit flickerfest.com.au.



8

9. THE COCKTAIL

Mix yourself some refreshing blueberry Henkell lemonade to sip on this month. Because we sure will be!

Ingredients:

- 1 bottle of Henkell Sparkling
- 1 punnet of blueberries
- 3 lemons, juiced
- 120ml of plain ice tea
- 2 tbsp of sugar
- Ice

Method: In a large pitcher, muddle the blueberries. Add the lemon juice, sugar and Henkell. Stir until sugar dissolves. Add the tea and ice. Serves 4.



9

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WHERE VODKA GOES TO GET READY

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DRINK RESPONSIBLY



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NICKI MINAJ

When Tay got a nom for Best Video at the VMAs, Nicki was pissed. Then she called out Miley after she said Nicki was “not very polite” in an interview.



MILEY CYRUS

Miley dissed Swifty’s *Bad Blood* female-assassin filmclip.



KANYE WEST

We all remember that VMAs mic-steal. It turned into one of the best celebrity feuds of all time. **OF ALL TIME!**



AMBER ROSE

They dated eons ago, but Kanye reignited some ex-hate when he suggested he had to take 30 showers after they broke up. Oh, yeezy #smh.



KATY PERRY

Katy “stole” Taylor’s backup dancers and became the inspo for Tay’s *Bad Blood*. But Katy also got Miley on the wrong side when she questioned where Miley’s lips had been after they smooched.



TAYLOR SWIFT THE CENTREPIECE



KHLOÉ KARDASHIAN

These two were on tetchy ground after Amber called Kylie Jenner a “baby” in regards to her relationship with rapper Tyga. Big sis gon’ defend!



KELLY OSBOURNE

When Kelly called Gaga a “butterface” she faced the wrath of Gaga’s “Monsters”. They’re pals now. Or so they say...



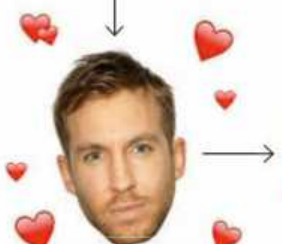
LADY GAGA

It was a *Bad Romance* when Calvin said “no, no” and rejected a Gaga collab. Words were said; tears were (probably) shed.



ZAYN MALIK

The ex-1D-er and Calvin got into a tizz over Tay. She didn’t want her tunes on Spotify, Zayn was pissed, Calvin stepped in. Protective BF or hot-headed Harris? You decide.



CALVIN HARRIS

Katy saw red when Calvin pulled out of a supporting set on her tour. Watch out for the *Dark Horse*!

AZEALIA BANKS

The rapper accused Miley of appropriating black culture. A back and forth on Twitter ensued. We got outta there.

EVERYONE

Ol’ Banks often enrages peeps through her Twitter. She even had a go at Australia: “You guys are terrible crowds to play for ... plus you guys are too far away.” We can’t help it, OK?

SIX DEGREES OF BAD BLOOD

There’s more beef in Hollywood than a butcher shop, so *Cosmo* put together a handy guide to the biggest celeb feuds

WHAT TO DO WHEN YOU...

HATE YOUR ENGAGEMENT RING!

We know we sound like spoilt brats, but sh!t just got real

You can't believe it – your man has finally popped the question you've been dreaming about for *way* longer than you care to admit. You are blissfully floating on cloud nine as he asks you to spend the rest of your life with him, but then... the ring. You absolutely hate it. "OH SHIT! F*ck. What was he thinking?" And you have to wear it for eternity. Unless, of course, you "accidentally" lose it down the drain (but let's not resort to that just yet). Here's how to play it.

FAMILY HEIRLOOM

THE DILEMMA: So, you've been presented with his great, great grandmother Ethel's ornate ruby solitaire from the early 1900s, *but* you've had your heart set on a Tiffany & Co. whopper since you were 16.

HEADED FOR SPLITSVILLE: Whatever you do, do NOT insult that ring.

HAPPILY EVER AFTER: Tell him what you like about the ring: "I love that it's been passed down through your family." Then mention that, although beautiful, it doesn't really feel like *your* ring. Next, ask if he (and his family) would be OK with you keeping the stone, but taking it to a jeweller to personalise the setting.

DESIGNED BY HIM

THE DILEMMA: The thought of your fiancé designing a ring sounds *so* romantic. But when you see he's opted for a ring which is so not your style, it makes you question everything.

HEADED FOR SPLITSVILLE: Don't blow it out of proportion. So, he doesn't know your exact preferences, but he does know how to cheer you up and that your favourite Ben & Jerry's flavour is Phish Food.

HAPPILY EVER AFTER: Wear it for a while, to soften the blow. (You never know, that heart-cut pink diamond might grow on you.) Then tell him your dreams of designing your own ring and suggest you redesign this ring together, #marriedlyf style.

SHOP BOUGHT

THE DILEMMA: Remember that ring you said looked "kind of pretty" in a jewellery ad about a gazillion years ago? Neither do we. But he did, and he made a note of it for when he wanted to propose. Had you known he was going to buy it, you would have kept your trap closed (or pointed to Kim K's blinder).

HEADED FOR SPLITSVILLE: Avoid going into EXTREME detail about what you don't like about it and how very, very wrong it is for you. It's going to bruise his ego and we say give the guy credit for remembering!

HAPPILY EVER AFTER: Tell him the truth. If he bought your ring from a store, there is almost always an exchange/refund policy. Because this isn't the first time a clueless guy has had a go at solo ring seeking. Opt to go shopping for a replacement with him. When you've found three or four you like, let him surprise you with the final decision.

DUMMY RING (e.g. a Cheezel or lolly ring)

THE DILEMMA: So the proposal was a little more spontaneous than you'd imagined. In fact, so spontaneous that your ring is a Cheezel he lovingly hand-picked out of the bowl you were eating from while watching *Game of Thrones*. Problem is, you're more of a Burger Ring kinda gal anyway.

HEADED FOR SPLITSVILLE: Don't throw it at him. (A) You'll hurt his feelings, and (B) Never waste a Cheezel.

HAPPILY EVER AFTER: Eat it. A girl's gotta do what a girl's gotta do! Now, happy shopping. **Natasha Harding**

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#REALTALK...

A wide-brimmed hat is the perfect subterfuge.

THE BEACH

Your cheeky secrets about those summer beach trips



Your beach pastime of choice is:

- 30% Playing in the surf
- 38% Soaking up some rays
- 22% Reading a book
- 10% Taking #beachlyf selfies

When you've got your shades on (and you think nobody's watching) you:



1 in 3
OF YOU
HAVE HAD
SEX ON
THE BEACH

(and no, we're not talking about the cocktail...)

🙄 **2 OUT OF 5 OF YOU FIND BEACH DATES SCARY AF** 🙄

Which celeb, in your opinion, is the ultimate beach babe:



54% Gigi Hadid
'Cos we just want to be her



25% Alessandra Ambrosio
AKA Bikini Queen



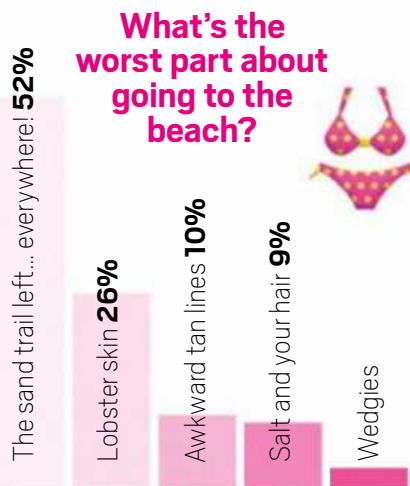
13% Kate Bosworth
Because, *Blue Crush*



8% Robyn Lawley
Goddess!

Forget to wax or shave?

1/3 OF YOU HAVE LONG HAIR AND DON'T CARE



🙄 **1 OUT OF 10 OF YOU REFUSE TO GET YOUR HAIR AND FACE WET**

GOODBYE

CRIME SCENE IN YOUR PANTS



HELLO

FRESH



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COSMO DISCUSSES:

#SHOUT YOUR ABORTION

As women in the US fight for their right to have an abortion, *Cosmo* hit the streets to see where *you* stand on the great debate

THE STORY SO FAR:

Last September, #ShoutYourAbortion was created by Amelia Bonow and Lindy West in response to the US House of Representatives voting to defund Planned Parenthood (a US not-for-profit that provides a range of reproductive and maternal health services). Women (and men) took to Twitter to try to break the stigma that women shouldn't be talking about their abortions. While most people applauded women for sharing their stories, others were appalled.

WHAT DO YOU THINK?



"Abortion should be legal. I don't think anyone else has the right to decide what a woman does with her body." **Natalie, 37**



"I'm more against than for. Most of the time women think more about themselves, without thinking of asking for help from their family because they're too afraid – and because of that, I'm against." **Julia, 26**



"We should be talking more about abortions! There's a stigma on women who do [have an abortion] and I think it should be talked about." **Benjamin, 21**

ABORTION IN AUSTRALIA

NSW & QLD: Legal if a doctor believes a woman's physical and/or mental health* is in serious danger. Illegal in any other circumstances.


ACT: Legal if performed in a medical facility.

VIC: Legal to 24 weeks. Legal post-24 weeks with two doctors' approval.

SA: Legal if two doctors agree a woman's physical and/or mental health is in danger and it is performed in a medical facility.

TAS: Legal to 16 weeks; after that point, with the approval of two doctors.

WA: Legal up to 20 weeks.

NT: Legal to 14 weeks if two doctors agree that a woman's physical and/or mental health is in danger and it is performed in a medical facility. 

R U for RU486?

THE ABORTION PILL

RU486 – "the abortion pill" – is now available over the phone for women in the early stages of pregnancy (up to nine weeks). The drug, called mifepristone, has been available through doctors in Australia since 2006 and, when taken correctly, brings on a "medical abortion". After a campaign by the Tabbot Foundation, women can call up and, for \$250, have a doc

order blood tests and an ultrasound and send the drug to your door after a "screening process". There's a hotline with counsellors, and a nurse checks up on patients the day after the termination. The service isn't available in the ACT, NT and SA because abortions must be done in hospitals there. But it means suitable women can have access to a safe termination.

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Clear Skin

in 3 easy steps

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Julianne Hough
Singer, Dancer, Actress.
Proactiv user since 2008

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*\$69 or more to be spent in a single transaction. Offer available in selected Terry White Chemists and selected Myer stores from 16th November until stocks last. Excludes Terry White Chemists online store and Myer online store. Offer available in Priceline Pharmacies and at priceline.com.au from 4th Dec – 16th Dec, 2015. Excludes proactiv.com.au.



MARKY
PONDER'S...

Flying to a tropical island and riding Space Mountain: these are possibly the only two things in this world more enjoyable than sex. Actually, they're all pretty interchangeable but it makes the top three in any event. If it wasn't such a rollicking good time we would never have invented condoms and vibrators and *Fifty Shades of Grey*. But we did. And that's because sex is downright delightful. Until, of course, it isn't. Which is where things get a little bit more complicated.

There are only two real reasons to ask the question "how important is sex?" and those are as follows. (1) The sex is amazing but the relationship is like a fiery ball of molten lava. Or (2) The sex is a bit mundane but the relationship is like being wrapped in a warm electric blanket. What you are really asking is, can I stay with him or break up with him based on the quality of the sex alone? The answer is surprisingly simple. Let's break it down like Drake in a dancing box.

HOW IMPORTANT IS SEX, ANYWAY

It's what separates a friendship from a relationship, but just how much stock should you be putting into your love life? Emma Markezic has the answers

“WHAT YOU’RE REALLY ASKING IS, CAN I STAY WITH HIM/BREAK UP WITH HIM BASED ON THE QUALITY OF THE SEX ALONE?”

I’m living behind door number one

If you’re sitting squarely in the “sex is amazing” camp it’s likely that you are going to keep going back for more. How can you not? It would be like eating one Dorito. No one eats only one Dorito. You eat three quarters of a bag of Doritos until you feel sick and have to lie down. Mind-blowing sex is similar in its heady, finger-licking addictiveness and is most excellent when consumed as part of a healthy, nurturing partnership. The problem occurs, however, when the rest of the relationship is less than constructive. When the time you spend outside the bedroom is all jealousy and fights and silent treatment and fragility. But of course you ignore all of that because of the aforementioned finger-licking goodness. If this is the case – if you’re nodding your head in agreement to all of this while wondering when he is going to text you – then the answer is not very. Sex is not very important here. It’s not because nookie isn’t an integral part of a relationship – it is. It’s because drama isn’t sustainable. Even *Gossip Girl* had to end eventually. And your relationship will too. You probably knew that already, you just needed me to snatch the proverbial Doritos away from you before you ate the whole bag and cried yourself to sleep. xoxo

I’m living behind door number two

Phew, lucky you – this is a much better scenario. Not ideal, I grant you, but better. Other than the little fact the fornication isn’t the best you’ve ever had, you feel safe and respected and the banter is more glorious than being the devon in a Hemsworth sandwich.

In this scenario, the answer (perhaps surprisingly) is also *not very*. Sex is not very important here. Because if this is the person you’re think you’re going to spend the rest of your days staring lovingly at, you have decades to work on the boudoir mojo. Think of yourselves as being like profesh athletes. Do you think that Serena Williams just woke up one day and said, “Hmm, I’ve never played it before but this tennis malarkey sounds pretty sweet. Reckon I’ll win me some grand slams.” No, no she did not. She trained like a demon for years before she got to play her first professional match. Of course, she still must have had an inkling early on that she had the chops to do it. And your sex life is much the same. You and your person are the only ones who know if you’ve got the building blocks for awesomeness or if you’d actually just be better off playing chess. But honestly, if you’re even asking the question, I reckon you crazy kids are probably going to be alright, *especially* if you’ve already got a rapport better than a Hemsworth hoagie. That, my friends, is hard to find. Hold onto it.

So in answer to your question... sex is relevant, sex is required – but sex is not the whole enchilada. It’s the tortilla that wraps all the other deliciousness together, but it’s not the one and only (or even the most important) ingredient. It’s essential, but it’s not everything. A relationship without it is a friendship. Sex without friendship is an arrangement. But as long as your emotional potatoes aren’t being fried and you actively enjoy your sex life, the minutiae can be smoothed out. And lubed up. And squeezed in. And wrapped up. And... you get the idea.

5 questions I have for...



THOSE TINY PLASTIC THINGS YOU GET INSIDE THE PIZZA BOX

1

Do you prefer to be called pizza table, pizza saver or pizza tripod?

2

What’s it like being locked in a box with a cheese and pepperoni special... Is it like a really heavenly and fragrant sauna?

3

Do you ever consider yourself something of a superhero; saving innocent pizzas from destruction?

4

Do you think you could double as a bar stool for squirrels and other small rodentia?

5

Have you ever thought about getting into the cake game?

↓
YOU REVEAL
YOUR BIGGEST
WHAT-WAS-I-
THINKING?
MOMENTS

confessi



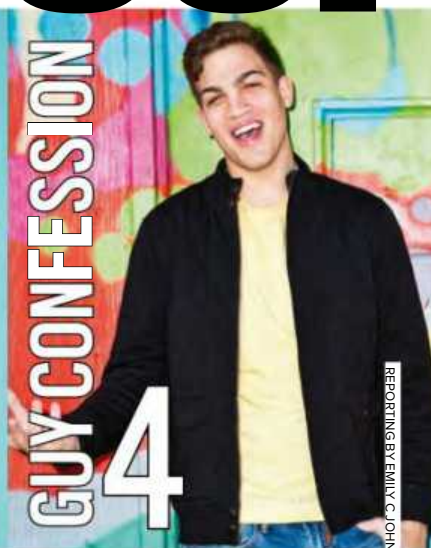
1
“On Sunday nights, I do face masks. They’re bright blue or green, and I look like a demon with them on. I scare food-delivery people when I answer the door.” – Emily, 28



2

“I’M SO GULLIBLE. MY MUM HAD ME DRIVE FOUR HOURS TO SEE A ‘GENIUS’ PEDICURIST FOR MY INGROWN NAIL. TURNS OUT, WE WERE PICKING UP A SURPRISE YORKIE PUPPY.”

– Annie, 21



GUY-CONFESSION

4

“I’m one of six kids. One time, I had a girl over at my parents’ house, and the door wasn’t locked. My brother came in while we were hooking up, and I quickly had her pretend we were asleep. It was so awkward – she was lying on top of me while he was rummaging around for his clothes.” – Coby, 19



3 CELEB
CONFESSION

5 “I LOST MY VIRGINITY IN A BED OF POISON IVY. THAT WAS FUN.” – Heather, 21

“I WAS IN AN AIRPORT TAXI LINE. THIS MAN COMES UP TO ME AND SAYS, ‘Ma’am would you like a ride in a town car?’ And I’m like, ‘Perfect! Thanks. Then a cop rolls up and cuffs the man. The cop’s like, ‘We’re trying to put a stop to this. He would’ve charged you \$500.’ I felt responsible for getting him arrested. I was beet red, and I couldn’t wait to leave because I was like, everybody probably thinks I’m a criminal or an undercover cop setting this guy up.”

– Marie Avgeropoulos, *The 100*

ons

6

"EVERY TIME I SING IN THE SHOWER, MY DOG HOWLS AND SCRATCHES AT THE DOOR IN PROTEST." – *Geeta, 20*

"AS I WAS CHECKING OUT A GUY, I MISSED A CRACK IN THE SIDEWALK AND FELL. ALL THESE PEOPLE RUSHED TO HELP, BUT HE DIDN'T. LAME."

– *Ashley, 28*

7

8

"I went hiking with my boyfriend on some deep wooded trails. We were both getting flirty, so I walked ahead of him and pulled down my shorts to show him my booty. Unfortunately, he wasn't the only one looking. Another couple had just walked up right behind us and saw my entire arse." – *Haley, 20*

”

Worst dates ever!

Enjoy these readers' doozies, and be glad it wasn't you

"Our date was going so well that I thought he could be The One. As he was driving me home, he said, 'I'm actually married and looking for a threesome – want to tell my wife you'll be joining us tonight?'"

BECCA, 20

"When the bill came, he took out a bag of coins, like for a vending machine. I paid the whole tab because I felt bad about leaving all that change."

ALI, 23

"During our first date, he aggressively tried to get me to go home with him. I refused. As I was walking away he yelled, 'What are you... a lesbian?'"

NICOLE, 26

"He asked me if he could finger me to 'concentrate better' on the movie we were watching. I went to the bathroom and never came back."

ERINN, 21

"We were out dancing at a club, and my date got upset because she thought I was dancing with other people too much and ignoring her. She left, and when I got home, she was sitting on my doorstep. Stalker!"

ANNA, 25

"He invited me to a movie but neglected to mention that he was the projection guy. I wasn't allowed in the protection room, so I had to watch the two-and-half-hour movie by myself."

MANDY, 36

DOUCHE-O-METER



ADVERTISEMENT

SALON-PERFECT SMOOTHNESS AT HOME

Recreate the day-spa feeling in the comfort of your own home with a professional-quality wax-warming system from Veet. Viva la summer!

As it uses the same hot-wax methods salons use, the Veet Spawax is a professional quality product for waxing.



Veet Spawax has two refills with six stripless wax discs. Use four for half legs, one for your bikini line and one for underarms. The only trouble is deciding what fragrance to pick! Choose from Purple Lily and Sugar Fig, or White Orchid and Vanilla.

With its strip-free technique and resin based formula, the wax is easy to work around the curves of your body. This means that even tiny hairs as short as 2mm can still be removed.



WE'RE BRINGING THE SALON TO YOUR OWN HOME!

Get pampering this weekend, thanks to Veet Spawax. The Spawax Kit includes delicious Purple Lily and Sugar Fig fragranced wax discs that give you silky-smooth legs, underarms and bikini lines. No longer a tricky situation, the process is simple and enjoyable – and there won't be any waxy mess afterwards! With the pod's red glow giving off relaxed vibes, it's the ultimate beauty experience.

What beauty feels like: veet.com.au

HOW TO USE:

Quick, convenient and oh-so easy in just four steps.



STEP 1 Place the wax discs inside the pot and turn it on. Veet Spawax melts and heats the wax to its ideal temperature in 30 minutes, staying at that level.



STEP 2 Next up, scoop the wax on to the spatula and apply a layer of wax that's the thickness of an orange peel in the direction of your hair regrowth.



STEP 3 Leave for 30-60 seconds or until the wax becomes dry to touch. Holding your skin tight, pull the strip back against the direction of hair growth.



STEP 4 When you're all done, clean away any wax residue using some used wax or baby oil. Voila!



Veet Spawax Stripless Wax Warming Kit, **\$59.99**; Veet Spawax Stripless Wax Refills in two fragrances: Purple Lily and Sugar Fig or White Orchid and Vanilla, **\$14.99**.



Follow usage instructions.

BEAUTY EDIT



RETURN OF THE FACE MASK

Don't hide your summer skin issues — treat them! Fast-acting formulas make pigmentation, fine lines, big pores and more disappear ➤➤

**ESTÉE LAUDER CLEAR DIFFERENCE
PURIFYING EXFOLIATING MASK, \$58**

In just five minutes, this deep cleansing dynamo will draw out impurities, revitalise skin and help prevent future breakouts thanks to its hero ingredient of salicylic acid.

**ÉMINENCE ORGANIC
SKIN CARE FIRM SKIN
ACAI MASQUE, \$92**

Turn back the clock with this firming mask, featuring an antioxidant-rich blend of acai, blueberry, raspberry and bramble berry.

**NU'TRIR DETOXIFYING
ENZYMATIC RADIANCE
MASQUE, \$39.95**

Papaya, manuka honey and cranberry work on pigmentation and dull skin, setting you on the path to complexion perfection.

**NAPOLEON PERDIS
AUTO PILOT
RADIANCE-BOOSTING
MASK, \$85**

Softening jojoba oil and smoothing silicone elastomers make this a great pre-makeup skin treat – so say goodbye to fine lines.

**KIEHL'S RARE EARTH
DEEP PORE CLEANSING
MASQUE, \$36**

Great for oily skin types. Amazonian clay teamed with oatmeal and aloe vera offers a gentle yet effective deep cleanse to really purge those pores.

**JUNE JACOBS MANDARIN
MOISTURE MASQUE FROM
SEPHORA, \$69**

This moisturising mask is a great all-rounder thanks to invigorating mandarin, free radical-fighting pomegranate and hydrating hyaluronic acid.

**CHARLOTTE TILBURY
MULTI-MIRACLE GLOW, \$80**

Use this vitamin A and rosehip oil-packed multi-tasker as a cleansing balm, anti-ageing mask or dry skin SOS. It'll leave your skin gorgeous and glowy.

TIP

Got a host of problems you want to fix in one hit? Try multi-masking. Spot-treat dull patches with an enzyme mask and then slather a moisture mask on top.



3 STEPS to Beautiful Summer Skin

Cleanse, Mist, Moisturise.

At KORA Organics we believe the most beautiful skin, is healthy skin.

Discover your 3 Step System today:

- ♥ Normal / Dry – Balance & Hydrate
- ♥ Normal / Sensitive – Calm & Soothe
- ♥ Oily / Combination – Purify & Energise

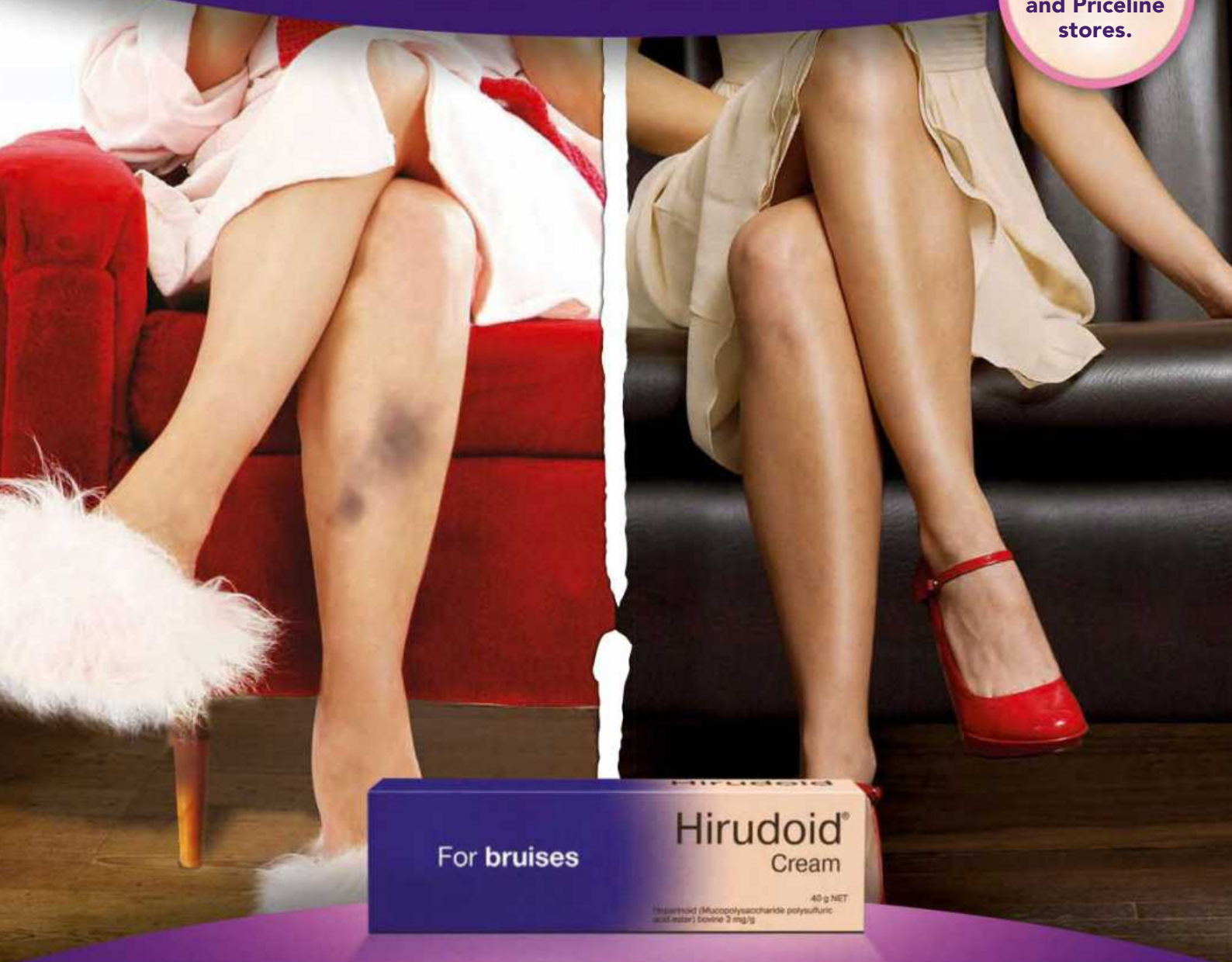
KORATM
Organics by Miranda Kerr

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Hirudoid® heals bruises *fast**

So you can get back to being you

Available
in pharmacies
and Priceline
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For bruises

Hirudoid®
Cream

Hirudoid (Mucopolysaccharide polysulfonic acid ester) bovine 2 mg/g
40 g NET

Hirudoid is clinically proven to speed up the healing process of bruises.
So you'll always have the confidence to get back out and enjoy life with great looking legs.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

* In one study of 10 healthy volunteers, the time it took for 50% of the bruise to be absorbed was 2.1 days for Hirudoid and 4 days for the inactive cream.

Research conducted by B. Larsson, S. Fiance, A. Jonasson & B. Forsskahl. Financial sponsor of research unknown.

Ashley Olsen
rocks a fierce
smokey eye.

NAIL IT: THE NYE SMOKY EYE

This classic look never goes out of style

Party season is so much fun but also *way* hectic. Take the stress out of it by sticking to (and nailing) a classic beauty look. The smoky eye gets our vote 'cos it looks good on everyone. Pick a palette with three or four different but harmonious shades – they've been chosen because they work together, taking the guesswork out of things for you. Always do your eye makeup first – that way if you get fallout from your eyeshadow, you don't need to start over! Finish your look with heaps of mascara, glowing skin and a nude lip. If you're going all-out on the eyes, it always pays to keep lips natural. Charlotte Tilbury, Kate Moss's go-to makeup artist for rock chick eyes, shares her guide to a perfect smoky eye.

Charlotte Tilbury
Luxury Palette in
The Rock Chick, \$78

Revlon ColorStay
16 Hour Eye
Shadow in Siren,
\$23.95

**TILBURY'S
TOP TIP: BLEND**
"When blending,
work your brush
back and forth like
a windscreen
wiper."

L'Oréal Paris
Color Riche
Lipstick in
Nude 235,
\$21.95

COVERGIRL
Star Wars The
Super Sizer
Mascara,
\$17.95



1

Apply the lightest shadow all over your lid and on the inner corner of your eye.



2

Push a darker shade into the outer socket, blend, and rim your upper lashline with the same shade, using the excess on your lower lashline.



3

Work a dark grey from the outer corner of the eye, upwards and into the eye socket.



4

Use a black kohl liner on your waterline for definition, then add a few coats of mascara to finish the look.

IF YOUR SKIN IS...

What to do when your skin acts like an A-list diva



SENSITIVE

LIKE JOHN LEGEND

When your skin's a sensitive soul like John, you need protective, soothing, anti-inflammatory ingredients. "Calming serums and creams that contain ingredients like aloe vera, calendula, arnica, blue agave and vitamin E are ideal," says Sydney facialist Melanie Grant, who counts Delta Goodrem and Lara Worthington as clients. "Avoid active ingredients like AHAs or vitamin A," she says. They're too hardcore for your skin. Soz.



Neal's Yard Remedies Calendula Cleanser, \$34.95

Jurlique Arnica Cream, \$47



MOODY

LIKE KANYE WEST

Does your skin have a tendency to just blow up – we're talking big, irrational breakouts – like ol' ranty-pants Kanye? Try salicylic acid. "It deeply cleanses your pores and goes to work on blackheads too," says Grant. Glycolic acid is another winner for blemishes as it is a great exfoliator, while retinol will help your pores look smaller. But a word of warning: add it to your skin routine slowly, every 2-3 days, as it's quite strong.



CosMedix Purity Detox Scrub from skincareedit.com, \$68

Swisse Olive Leaf Gel Cleanser, \$9.95



DULL

LIKE ORLANDO BLOOM

If your skin is behaving like a total snoozefest (sorry Orly) you need to give it a bit of a boost with some brightening ingredients. "Look out for vitamin C, licorice root extract and niacin amide," says Grant. Exfoliating regularly will also help as dead cells on the surface of your skin can leave you with a grey, lacklustre complexion. "And don't forget to eat well as bright, healthy skin comes from diet and lifestyle," says Grant.



Burt's Bees Radiance Serum, \$34.95

Palmer's Cocoa Butter Formula Eventone Dark Spot Correcting Cleanser, \$12.99



GREASY

LIKE JOHN MAYER

His Lothario ways may have inspired some of our favourite songs, but we're guessing you'd rather not have skin that gives His Royal Greasiness a run for his money. So stock up on clay. "Kaolin clay masks absorb and mop up excess sebum," says Grant. Just don't be tempted to skip the moisturiser as oily skin still needs hydration. "Go for water-based gels or lotions that feature dimethicone or hyaluronic acid," says Grant.



Neutrogena Hydro Boost Water Gel, \$24.99

Moreish Emergence Clay Mask, \$19.99

We've got a dark secret...



NEW gentle formula
for brown to dark hair

Our dry shampoo with oat milk has a new gentle formula for **brown to dark hair**.
The secret is a unique combination of plant based soothing ingredients
and the absorbing benefits of micronised powders.

Available at leading pharmacies.

JUST ADD TEXTURE

There really is nothing better than natural beachy waves. If you went for a dip earlier and left hair to air dry, take a small texture or sea salt spray with you to give lengths a touch-up before you walk to the bar. It will knock out any frizz, but maintain the waves. Try **Fudge Sea Salt Spray**, \$19.95.

Dress: \$219.95, C/meo Collective (cmeocollective.com). Sunnies: \$250, Kate Spade (02 9540 0500).

BEACH HAIR

don't care

Yes, you can go direct from the beach
to a bar without looking bedraggled

JUST SLICK IT BACK

If you've just finished swimming, use a soft bristle brush or small handheld version like Tangle Teezer Compact Styler Pink Kitty, \$34.95 and slick hair back into a ponytail. To avoid it frizzing as the night goes on, secure some elastics down the length (Princess Jasmine style) and it'll stay in place, no bathroom checks necessary. Try Lady Jayne Elastics, \$4.99 for 50.

Swimwear: \$230,
Duskii (duskii.com).

JUST MESSY BRAID IT

Need to hide out-of-control hair, and brushing would make it worse? Time to start weaving it into a loose plait or braid. The higher you can start from the crown the better for disguising unruly waves. For less dexterous peeps, just plait the ends – or even twist it up into a bun if you have some bobby pins. #foolproof

Try **Scunci Bobby Pins Value Pack**, \$6.95 for 90.

Dress: \$759, Ginger & Smart (gingerandsmart.com). **Bikini:** \$120, Lilya (ilovelilya.com).



JUST ADD A HEADSCARF

It's the golden rule of bad hair days – cover it up! Only this time, make the most of tousled, been-at-the-beach-all-day hair by leaving out the sexy, messy ends and hiding oily roots under a cool printed headscarf.

Top: \$140, Kookai (kookai.com.au). **Swimwear:** \$129.95, Bond Eye (bond-eye.com.au). **Headscarf:** \$97, Mapoésie (03 5962 5535).

BEAUTY GAME

Now's the time for a total beauty clear-out, because you need to make



**Estée Lauder
Advanced Night
Repair Concentrate
Recovery PowerFoil
Mask, \$125 for 4**

The mask version of the serum that beauty eds lose their shit over. Its foil backing helps actives get into your skin 25 times faster than other masks. No one likes a bragger. But in this case we really do.

**Eco Tan Face Tan
Water, \$29.95**

Think of this like an essence or toner that you apply after cleansing. Crazy lightweight and nourishing, it has the added advantage of delivering you a gorgeous, golden glow.

**Redken Frizz Dismiss
Fly-Away Fix, \$29.95
for 50 sheets**

Hairdressers wax lyrical about the de-frizzing powers of tumble dryer sheets. Luckily for us Redken are all over it, creating finishing sheets for your hair to combat flyaways and static. Total lifesavers.

**Le Tan Express 30
Minute Tan Instant
Bronzing Mousse,
\$14.99**

You no longer have to wait overnight, or even an hour, for a great, long-lasting tan. Meet the mousse that develops in just 30 minutes. Bonus: it doesn't leave a tell-tale tan smell either.

**Urban Decay
Mascara
Resurrection, \$24**

The after-work zhoosh is tricky when you can't get your mascara wand through your lashes because they're so damn crunchy. This softens them up, leaving them ready for an extra coat.

CHANGERS

a spot in the cabinet for these absolute legends



R+Co Badlands Dry Shampoo Paste, \$46
Part dry shampoo, part styling paste, the rave reviews from OS are well-founded. It absorbs oil, adds lived-in texture, smells delish and leaves zero texture. Zero. Your hair still feels nice, not all powdery.

COVERGIRL Bombshell Pow-Der Brow + Liner, \$11.95

You can add thickness to sparse brows, boosting them with the natural-looking fine powder or simply defining them by sketching in "hairs". Use it as an eyeshadow/liner too! So versatile.

The Beauty Chef Probiotic Skin Refiner, \$69.95

Moving beyond the "you are what you eat" mantra, pros are using the anti-inflammatory powers of probiotics for everything from ageing to acne.

Cover FX Custom Cover Drops from Sephora, \$62

Turn a regular moisturiser into a tinted one, an oil or serum into base makeup or a lightweight foundation into a full-cover one with these magical drops that let you control your coverage.

HOW LONG YOUR FAVOURITE PRODUCTS REALLY LAST

It could be time to break up with some of your makeup

2-3 MONTHS

- MASCARA
- FACE MASK
- NAIL FILE

6 MONTHS TO 1 YEAR

- LIQUID LINER
- LIQUID FOUNDATION
- CONCEALER
- EYE CREAM
- SERUM

1 TO 1.5 YEARS

- LIPGLOSS
- FACE CREAM (JAR)
- SUNSCREEN
- SHOWER GEL
- EYEBROW GEL

2 YEARS

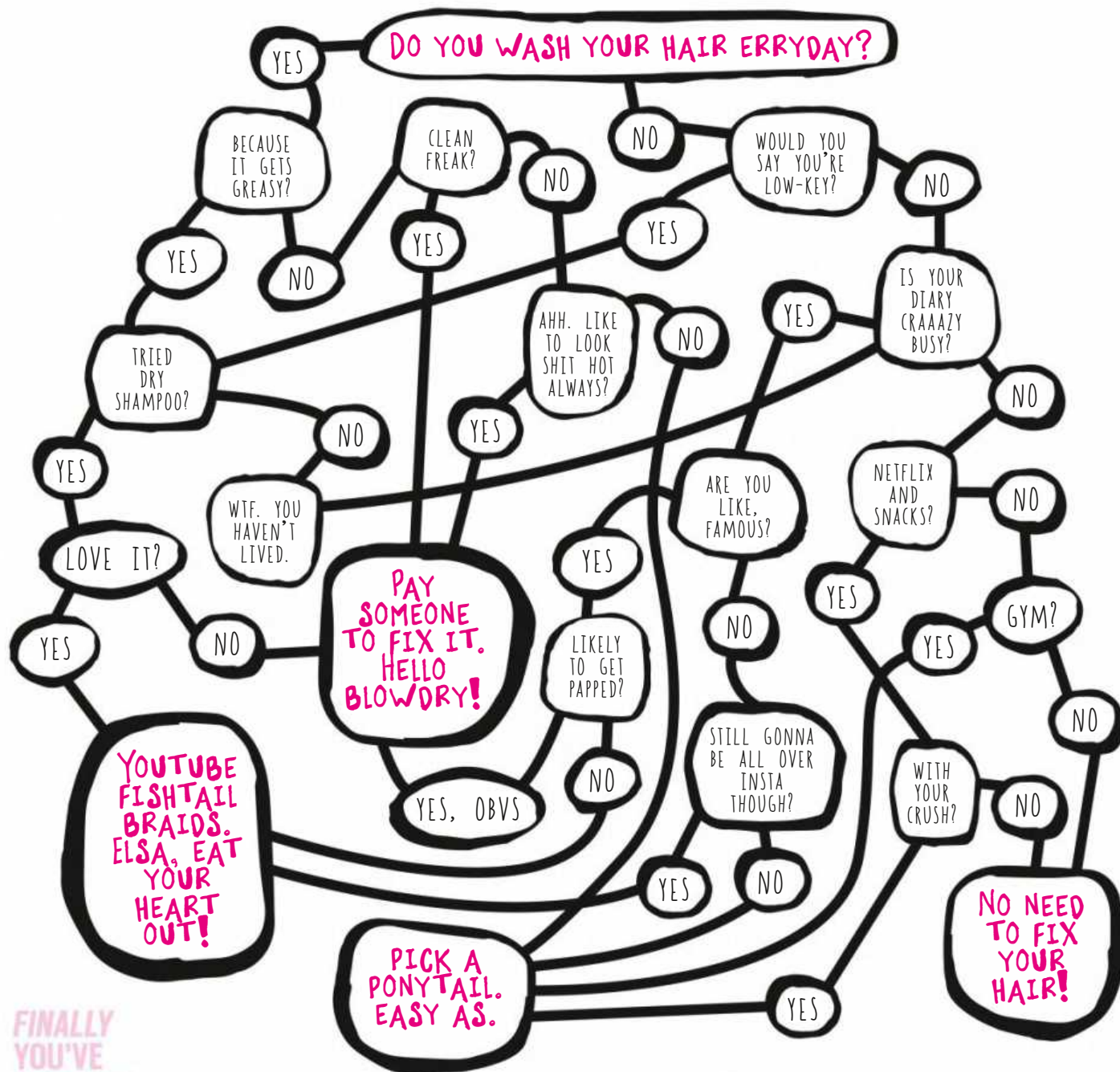
- LIP & EYE PENCILS
- LIPSTICK
- NAIL POLISH
- POWDER SHADOW
- POWDER BLUSH
- SCRUBS IN A JAR

3 YEARS

- SHAMPOO & CONDITIONER
- PUMP BODY LOTION
- PERFUME
- HAIRSPRAY

THE LAZY GIRL'S GUIDE TO HOLIDAY HAIR

Because sometimes you just can't be bothered and that's OK



WORDS BY SARAH MACRAE

FINALLY
YOU'VE
GOT TIME
FOR A
LITTLE
TLC. USE
THESE

A RESTRUCTURING MASK
Something intense to reverse your yearly quota of damage. Try L'Oréal Professionnel Pro Fiber Reconstruct Masque, \$35.



A LEAVE-IN CONDITIONER
It helps detangle, fights frizz and makes hair soft. Try Wella Professionals Elements Leave-in Conditioning Spray, \$31.



A STRENGTHENING SHAMPOO
Sun, surf and sand lead to brittle hair and breakage. Try head & shoulders Thick & Strong Shampoo, \$12.49.





COSMO'S
CRUSH
JUST GOT
BIGGER...





Bourjois Little Round Pot Eyeshadows, \$20 each

HOW CAN I STOP MY MAKEUP GOING SLIP 'N' SLIDE THIS SUMMER?

Primer helps to keep your face in place. A spray-on silicone-free version that doesn't feel too heavy is best in the heat. (Try **Innoxia Make-Up Primer Spray, \$27.95.**) Keep in mind that creamy formulas move around a lot, whereas powder helps to set makeup. You can get a range of cream-to-powder products – from eyeshadows to blushes – that are easy to apply and stay put.

Use cream-to-powder products for Jourdan Dunn's flawless finish.



BEAUTY Q&A

You asked. We answered.
You're welcome

I like taking my perfume on a night out, but it's so heavy. What's a girl to do?

Roll-on perfumes are good because they're small so take up less space in your clutch, but they're often glass (risky). Solid scents are best suited to nights out as they're the same size as a lip balm. Body mists are another good option.



Burberry My Burberry Solid Perfume, \$70



RITUALS Sakura Scrub, \$39

SCRUBS CONFUSE ME. WHAT'S THE DIFFERENCE BETWEEN THEM ALL?

We hear you. There are a lot out there. Body scrubs are more physical (grainy) as opposed to chemical (AHA-based) because your skin is thicker and less sensitive on your body than on your face. Salt scrubs are detoxifying but can sting after shaving (just like the sea), while sugar scrubs are gentle and nourishing.



I'm across micellar water, but what are essences?

Essences are essentially like a serum – you apply after cleansing and before moisturising – but their water-like texture means they feel more lightweight. They're hydrating (thanks to high glycerin levels) so anything you apply after works better because the ingredients can penetrate deeper now that the top layer of your skin is softer.

Burt's Bees Intense Hydration Nourishing Facial Water, \$24.95



BEAUTY CRUSH
Use the free **viewa** app and scan this page to watch the Cosmo TV videos and take the hair quiz.



ALL YOUR HAIR WOES COVERED

*Don't like to compromise? You don't have to!
You can have flake-free hair that's shiny,
nourished and beautiful. True story!*

COSMO RECOMMENDS

Because we know what you need from your shampoo this summer. The weather's heating up, which means more sun, surf and sand. And usually, this would also mean more flakes, dryness and colour-fade for your hair. But, for us here at Cosmo HQ, we're waving goodbye to all those hair and scalp woes- and so can you! Trust us, you'll be just as surprised as we were on how you can get that thick, shiny and flake-free mane this summer...

YOU CAN HAVE IT ALL

That's right! All thanks to the new head & shoulders Beautiful Hair Collection- and it has us all excited. The three new shampoos all do what head & shoulders does best; fight flaky, dry, itchy scalps. But, get this, they also target other hair concerns. Find your hair needs a little extra TLC? head & shoulders Damage Rescue has you covered. For those looking to strengthen hair, try head & shoulders Thick & Strong. Or if you're worried about your colour going the distance, then you'll love head & shoulders Glossy Colour.



TIMTAMS
MADE A
TINY BIT
PERFECTER

Bite-sized deliciousness, made chocolatey-er.



STYLE EDIT

LET'S PARTY

Celebrate 2016 in style
with dramatic sequins
and shiny metallics ➡

STYLING BY DENIS TODOROVIC. PHOTOGRAPHY BY SEVAK BABAKHANI/BAUER. MODEL: MADI EDWARDS/SCOOP MANAGEMENT. HAIR AND MAKEUP BY BRADWYN JONES/UNION MANAGEMENT USING REDKEN. H&M ASSISTANT: MICHELLE COX. MADI WEARS DRESS: \$1400, SASS & BIDE (SASSANDBIDE.COM.AU). EARRINGS: \$9.99, EQUIP (EQUIPACCESSORIES.COM.AU). RINGS: \$14.95 FOR SET, COLETTE BY COLETTE HAYMAN (COLETTEHAYMAN.COM.AU). CLUTCH: \$30, BOOHOO (BOOHOO.COM.AU)



\$595, Life with Bird
(lifewithbird.com)

DRESSES



\$90, River Island
(au.riverisland.com)



\$300, Bec & Bridge
(becandbridge.com.au)



\$699, Ginger & Smart
(gingerandsmart.com)



\$199, Balmain X
H&M (hm.com/au)



\$550, West 14th
(w14th.com)



\$69.95, Staple
the Label
(gluestore.
com.au)

BOTTOMS



\$219, Ted Baker
(tedbaker.com/au)



\$550, Aje
(a-j-e.com.au)

TOPS



\$159.95, C/meo Collective
(cmeocollective.com)

\$110, Bec & Bridge
(becandbridge.com.au)



\$79.95, Bardot
(bardot.com.au)



\$69.95, Zara
(02 9376 7600)



\$349.95, LXÉ
(lxe.com.au)

ACCESSORIES



\$800, Stuart
Weitzman
(hermanns.com.au)



\$39.95, Katies
(katies.com.au)



\$599, Olga
Berg (olgaberg.
com)



\$24, River Island
(au.riverisland.
com)

\$52.50,
Missguided
(missguided
au.com)

\$14.95, Colette by
Colette Hayman
(colettehayman.com.au)



\$17.95, Colette by
Colette Hayman
(colettehayman.com.au)



\$340, Alice McCall
(alicemccall.com)

\$160, Kookai
(kookai.com.au)

\$89.99, Ripcurl
(ripcurl.com.au)

\$99.95, The Fifth
(thefifthlabel.com.au)

PLAYDATE

Ready to play? Slip on these sweet little suits for fun-filled summer days

\$79.99, Roxy
(roxyaustralia.com.au)

\$169.95, Ministry of Style
(ministryofstyle.com.au)

\$169.95, Witchery
(witchery.com.au)

STYLING BY DENIS TODOROVIC. PHOTOGRAPHY BY JASMINE POOLE

AS SEEN
ON TV

LET'S
GET THINGS
STRAIGHT

Straighten your
hair in 3-5 minutes



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HAIR STRAIGHTENING
ceramic brush

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www.shavershop.com.au

4 WAYS WITH THE... OFF-THE-SHOULDER TOP

Who doesn't love baring a bit of shoulder every now and then?



\$5, Supré
(supre.com.au)



\$480, Miu Miu
(reebonz.com.au)

\$79.95, Witchery
(witchery.com.au)



\$239, Senso
(senso.com.au)

\$119.95, Finders Keepers
(finderskeepers
thelabel.com.au)



\$290, Sunday Somewhere
(sundaysomewhere.com)



\$260, Sarah
J Curtis
(sarahjcurtis.
com)



\$220,
Bec & Bridge
(becandbridge.
com.au)

\$229, Mimco
(mimco.
com.au)



\$14.95, Lovisa
(lovisa.com.au)



\$339,
Paige Denim
(orderofstyle.
com)

\$89.95, Witchery
(witchery.com.au)



\$99.95,
Zara
(02 9376
7600)



\$139.95, Witchery
(witchery.com.au)



\$279,
32.4 (thirtytwo
pointfour.com)

\$129,
Guess
(guess.
com.au)



\$56, Boohoo
(boohoo.com)





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BY MICHAEL HILL



Online at emmaandroe.com.au

Available at all **EMMA & ROE** Boutiques and Michael Hill Stores. For enquiries call 1800 445 590

Bikini top: \$45; **bottoms:** \$35, both RH Swimwear (rhswimwear.com.au).
Earrings: worn throughout \$129, Krystle Knight Jewellery (krystleknichtjewellery.com). **Necklace:** \$59, Tilkah (tilkah.com.au).
Rings: from \$89 each, Samantha Wills (samanthawills.com).

FLORAL REEF

Life's a beach when
you're wearing these
blooming beauties

STYLING BY CHARLOTTA BACKLUND
PHOTOGRAPHY BY KANE SKENNAR



ABOVE LEFT Bikini top: \$19.95; bottoms: \$14.95, both H&M (hm.com/au). Necklace: \$187, Kirstin Ash (kirstinash.com). Rings: \$49.95 each, Liberté (liberte.com.au).
RIGHT Swimsuit: \$189, Curvy Swimwear (curvyswimwear.com.au). Necklace: \$149; cuff: \$169, both Samantha Wills (samanthawills.com).



ABOVE Swimsuit: \$229.95, Isola by Megan Gale (1300 130 715). **Cuff:** \$184, Coordinates Collection (coordinatescollection.com.au). **Rings:** from \$72 each, Kirstin Ash (kirstinash.com). **RIGHT Bikini set:** \$179.95, Robyn Lawley Swimwear (bond-eye.com.au). **Ring:** \$270, Natalie Marie Jewellery (nataliemariejewellery.com).

Hair and makeup by Natalia Sprem using MAC Cosmetics. Model: Laura/BGM. Stylist assistant: Kacee Knoll.
The Cosmo crew travelled with Busabout. For more info head to busabout.com.

BEAUTY NOTE

If you're starting to notice patches of dry skin after a summer outdoors, use a rich moisturiser at night.

We love Palmer's Shea Formula Moisturising Body Lotion, \$7.39.



MMMORE!

See what the Cosmo girls got up to in Spain.



DO SUMMER LIKE GIGI

...cos she never gets it wrong!

\$89.95, Guess
(guess.net.au)



\$50, Kookai
(kookai.com.au)



\$159.95, Interval
(02 9256 8450)



\$369, Marciano
(guess.net.au)



Top: \$90, Kookai (kookai.com.au). Vest: \$49.95, Factorie (factorie.com.au)



\$139, Guess
(guess.net.au)



\$119.99, Adidas at Glue Store
(gluestore.com.au)

“I think bright colours are really good because they are slimming and bring out your tan.”

There's no denying the style power of Gigi Hadid, so we chatted with the face of Guess to learn her tricks.

What's your favourite piece from the latest Guess collection? I really like the shorts this season. And the grey sweater [I'm wearing] with the bathing suit in the ad.

What are your three wardrobe essentials? The perfect jeans, a good crop T-shirt... and a bikini!

What's your favourite off-duty uniform? Jeans, a T-shirt, Adidas and a really cool statement bag.

How do you go with heels – do you ever take them off during events?

Sometimes, but once you take them off it's more painful to put them back on, so I just try to let my feet go numb. I have a pair of Louboutins with blood in them! I feel like a good rap song would be “Blood in my Louboutins” – Iggy Azalea should write that.

Who do you style stalk on Insta?

There's a blog called *On Abbot Kinney* – since I started following him he became a friend of mine. It's a good round-up of everything.

What's the biggest career lesson you've learnt? Be someone people like to work with. People who push for you behind closed doors will make the difference. My mum said, “If it's not you, there will be 100 girls who will work harder.”

"Animal print
glasses never go
out of style."

ALEX PERRY

Fashion Designer

#SpecsaversStyle



Alex Perry 2 pairs single vision **\$199**, 2 pairs multifocal **\$349**



Alex Perry 2 pairs single vision **\$199**, 2 pairs multifocal **\$349**



Alex Perry 2 pairs single vision **\$299**, 2 pairs multifocal **\$449**



Alex Perry 2 pairs single vision **\$199**, 2 pairs multifocal **\$349**

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Specsavers

Prices complete with PENTAX standard lenses. Extra options not included. Price for other lens types may differ. Prices correct at time of print. Second pair must be from same price range of frames and lens range or below. Must be same prescription. Frames available while stocks last.



THE TWO-PIECE

Top: \$260; skirt: \$320, Alice McCall (alicemccall.com)



tip:
This top is a little sheer for a wedding so try a cami underneath.



PRETTY IN PINK

\$590, Yeojin Bae (yeojinbae.com)



Emma Roberts



Jessica Mauboy



Jennifer Hawkins



Kate Hudson



Ana de Armas



BOHO VIBES

\$850, Zimmermann (zimmermannwear.com)



STEAL!

RED HOT

\$69, Target (target.com.au)



PRINT PARTY

\$460, Arnley (arnley.com.au)

WHAT TO WEAR TO A

SUMMER WEDDING

Yes we know it's all about the bride, but in a killer dress you're sure to be the hottest star at the party

COMPLETE THE LOOK



\$50, Boohoo (boohoo.com)



\$59.95, Adorne (adorne.com.au)



\$12.95, Colette by Colette Hayman (colettehayman.com.au)



\$52.50, Missguided (missguidedau.com)



\$99.95, Mimco (mimco.com.au)



\$69.95, Fiebigler (fiebigershoes.com)



\$295, Orotton (oroton.com.au)

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NEW

**Surprisingly
beautiful hair**
up to 100% flake-free*



head & shoulders beautiful hair collection
now available in **glossy colour**, **thick & strong** and **damage rescue**
extra nourishing anti-dandruff shampoos

*Visible flakes only with regular use



POOL PARTY

Shirt: \$89.95; **shorts:** sold with belt \$79.95, both The Academy Brand (academybrand.com). **Shoes:** \$189, Aquila (aquila.com.au). **Sunglasses:** \$209.95, Ray-Ban (sunglasshut.com.au). **Watch:** \$399, Triwa (triwa.com).

GUY'S GUIDE TO NYE STYLE

Starring menswear blogger Nathan McCallum. Ladies, pass this on to the men in your life



HOUSE PARTY

Top: \$49.95, Arvust (generalpants.com.au). **Jeans:** \$129.95, Wrangler (generalpants.com.au). **Shoes:** \$130, Nike (nikestore.com.au).

FANCY PANTS

Blazer: \$220, River Island (au.riverisland.com).
Shirt: \$89.99, Article No. 1 (gluestore.com.au).
Pants: \$80, River Island (au.riverisland.com).
Shoes: \$269, Calibre (calibre.com.au). **Belt:** \$109, Tommy Hilfiger (1300 348 885). **Watch:** \$389, Erroyl (erroyl.com).

NATHAN'S QUICK STYLE TIPS

What's one trend piece guys can wear to inject a bit of personality into their look?

Distressed denim. You can dress it up or down, be preppy or casual – it's an absolute fail-safe and everyone can get away with it!

What's your go-to store for denim?

You can't go past General Pants Co. Most of my denim comes from there. Brand-wise, I love Ksubi and Nudie.

Where do you find the best basic white tee?

Bassike does awesome T-shirts in great fabrics but they can be quite expensive so ASOS is a great budget-friendly choice.

What's your summer fragrance?

Calvin Klein always do a great summer fragrance. They are really light and fruity.

Who are your men's style icons?

I always look to musicians. Pharrell Williams and Jared Leto have a great, eclectic style.

Follow Nathan at @isnathan and bangarangblog.com.

BBQ VIBES

Top: \$29.95, Zara (02 9376 7600).
Pants: \$99.95, Witchery Man (witchery.com.au).
Shoes: \$150, Nike (nikestore.com.au).
Watch: \$379, Triwa (triwa.com).

PREPPY COOL

Top: \$29.95, Zara (02 9376 7600).
Jeans: \$52; **watch:** \$60, both River Island (au.riverisland.com).

MMMORE!

We played a game of "Fashion Yes or No" with Nathan. Watch it now.



Dress: \$520,
Zimmermann
(zimmermannwear.
com). **Earrings:**
\$235, Lucy & Mui
(lucyandmui.com).
Rings: from \$119
each, Samantha Wills
(samanthawills.com).



BEING LARA WORTHINGTON

She skyrocketed to fame for asking us, “Where the bloody hell are you?” Almost 10 years later, Lara knows exactly where she is – and she couldn’t be happier. She talks motherhood, love and why it’s all about The Base with *Cosmo*’s Shari Nementzik

“I wore Louis Vuitton and it was white,” replies Lara Worthington when I ask her about her wedding dress. An awkward silence follows as I eagerly await a more detailed description, but I’m greeted with nothing. It’s hard to believe the woman in front of me is the same girl who once relished the limelight and courted the media at every given opportunity. Just three years ago, every minute of her life was filmed for our entertainment as part of her reality show *Being Lara Bingle*. But unlike other reality stars, whose nuptials often grace front covers of glossy mags, the details of Lara’s Melbourne wedding to actor Sam Worthington in December last year have remained top secret – a remarkable feat for such big names.

Lara has done a complete 180 in the past two years, stepping out of the spotlight and opting for a fresh start with Sam, whose distaste for the media has clearly rubbed off on her. Since falling in love with Sam at the Global Citizen Festival in New York in 2013 and then becoming mum to their eight-month-old son Rocket, she’s kept her private life, well, private.

Gone are the days where drama seemed to follow her. From *that* nude photo scandal involving AFL bad boy

Brendan Fevola to the very public end of her engagement to Aussie cricket star Michael Clarke, and even a brief fling with US rapper Jason Derulo, Lara’s certainly provided us with plenty of fodder. But now the girl from Cronulla oozes a classy confidence and radiates a sense of calm that I’m quite taken by. In fact, it’s safe to say I’m a fan.

I was invited to interview Lara at a hired home in Darling Point, a wealthy suburb of Sydney, where she was shooting her latest campaign for Aussie brand The Daily Edited.

They’re running over time, but she still takes a moment to greet me at the door and apologise for her tardiness. Her piercing blue eyes are quite mesmerising and I’m taken aback by how petite she is, even in heels. What’s more is she’s wearing minimal makeup – there’s not even a trace of eyeliner or blush, making her beauty even more enviable.

She tousles her trademark “Bingle bob” and it’s easy to see why there’s been such a copy-cat effect – I too am ready to lop off my long locks in an attempt to mimic her effortless style, especially on this humid summer’s day.

Wasting no time after her shoot, Lara farewells her squad and collapses onto the plush sofa next to me. ♦♦

"I'm sorry for keeping you waiting," she says, with a genuine sense of guilt. "I've done about 15 things today, there is never any time." Meet Lara Worthington: wife, mum, model and businesswoman.

Last year, Lara launched her new tanning line The Base by Lara Bingle, which is growing at a rapid pace (it's soon to hit shelves in makeup megastore Sephora). "I'm so excited," she says. "So much hard work, passion and thought has gone into designing the range." And she's been thrust back into the spotlight, but this time she's making headlines for all the right reasons – creating a legacy away from the controversy of her past, focusing on promoting her business and, of course, relishing her most important role to-date – mother to Rocket. "He's my number one priority," she beams. "Every decision I make is about him now."

Of course, Lara is just as polarising as one of her favourite foods ("I love Vegemite, I travel everywhere with it") and her recent press trail has not been without a few bumps.

Looking more deer-in-headlights than Aussie darling during an appearance on *The Project* with outspoken British bad boy Russell Brand, Lara wasn't able to get a word in edgeways.

The segment gave Lara haters some fresh ammo, but it didn't faze her at all. In fact, it seems very little ruffles her anymore. She's no longer chasing "the next big thing" and is perfectly content with where she is in life. "I'm calmer than I was," she remarks. "I'm really happy."

And it's that feeling of contentment that looks to be the secret to her enviable glow – with a touch of base, obvs.

What inspired you to launch The Base?

Over the years, I've been around so many makeup artists and women who've taught me about beauty products, tanning and bronzing and how to apply things, so I kind of collated all this information and put my eight favourite products together. Personally, I'm really simple with my beauty regime. I only use a few products and travel with the very minimum. I believe in enhancing inner beauty and stripping away the layers. It's growing faster than I ever imagined, but it is amazing. I'm really enjoying the whole process and learning.



What is your top tanning tip?

When I'm tanning my face, I put on a cold compress to close the pores, so that I protect my skin and don't break out.

What is your favourite product?

Every day I use the LB cream. It has more coverage than a tinted moisturiser, but less than a foundation. It's hydrating and dewy, it doesn't mask your skin and it has SPF 15.

What is your beauty routine?

It's really simple. I've just started using this rescue balm by CosMedix, it's really hydrating. I don't use a cleanser, I just wash my face with water. It's important to simplify it, especially now that I have a baby – less is more.

How has your style changed since becoming a mum?

Not much. I feel like I wear the same clothes, but less heels. I can't be in these kind of shoes (pointing to her knee-high stiletto boots) while pushing a pram. It would be a bit uncomfortable (laughs).

What is your exercise regime?

I love all outdoor activities, ballet and I run a lot. If I use weights, I do 3kgs max and I do it at home. I mainly work out at home now since having a baby, I don't get to the gym as much as I want to. I do ballet on Skype with my teacher in New York most mornings. It's mainly all body work, lots of leg lifts and arm lifts. It's great for toning and I love it. When I'm in New York I go to the studio, which is good, but it's cool doing it on Skype.

If you only had 10 mins to work out, what would you do?

Bench dips. I always want to work on my arms and you can do them anywhere.

What does a day on your plate look like?

I'm vegetarian, so I eat a lot of salad, rice, beans and bread. I love bread, it's just so comforting. I have peanut butter toast or porridge with banana and cinnamon in the morning, salads for lunch and usually pasta for dinner. I'm very simple. I love pizza, that's Sam's favourite food, so we eat pizza at least twice a week. I eat what I like, but I eat small portions. I wouldn't eat a whole pizza. ➡➡



I BELIEVE IN
ENHANCING
NATURAL
BEAUTY AND
STRIPPING
AWAY THE
LAYERS”

Top: \$159.95;
skirt: \$169.95, both
Asilio (asilio.com.au).
Earrings: \$235,
Lucy & Mui (lucyandmui.com).
Rings: \$146 each,
Coordinates
(coordinatescollection.com).

What is your signature dish?

At the moment it's this red kidney bean curry. It's very warm and hearty. It has Indian spices and red kidney beans and fresh tomatoes – I just put it all in a pot.

How has motherhood changed you?

I feel like it's made me more organised. I used to spend a lot of time on my laptop and phone doing emails, but now when I go to do it for an hour, I do it all at once because my time is more limited. We've created this family, we're a unit, and the choices I make have a reflection on them, so I now do whatever is best for Rocket.

What is the first thing you do when Rocket falls asleep?

Just hang out with my husband, have a shower or bath, light a candle or cook.

Why did you choose the name Rocket and middle name Zot?

Rocket is an inspiring name, it means to ascend. Sam and I came up with Rocket, and Zot was my late father's nickname. His friends used to call him that, so it was something so close to my heart.

What does an ideal Sunday look like?

When I'm in Australia I always go visit my mum and my brother and when I'm in New York, we spend a lot of time in the park as a family. I love going to the food markets in Los Angeles. Sunday is a day of rest in my house.

Do you believe in soul mates?

I don't know, I think friends maybe. I don't really believe in soul mates. I think everyone is on their own journey.


How do you deal with the paps?

I understand it is a by-product of both Sam's profession and my profession, but when it comes to my son, I don't agree.

What do you miss most about Australia when you are overseas?

The beaches. There are no beaches like the ones here. Cronulla is my favourite.

What advice would you give your 21-year-old self?

Trust yourself. Trust your instincts. In my life there's been a lot of opinions and I maybe listened to people too much and at the end of the day when you end up doing whatever it may be, you always come back to, "I should have done that, I *knew* I should have done that." It's cliché but it's important and it's true too. 

“
TRUST
YOURSELF.
TRUST YOUR
INSTINCTS”

Top: \$390, Dion Lee (dionlee.com). **Bikini bottoms:** \$150, Zimmermann (zimmermannwear.com). **Necklace:** \$270, Natalie Marie (nataliemariejewellery.com). **Ring:** \$146, Coordinates (coordinatescollection.com).



Lara Worthington

Nickname: Lou

If I could have one superpower,
it would be:

Invisibility

I feel sexiest:

After a swim
in the ocean

If I were an animal, I would be:

Monkey

My childhood crush was:

Paul Walker

Being a mum has taught me:

patience

If I had a time machine, I would go:

To my Dad again

My perfect Sunday looks like:

Family time

The most important beauty product
in my bag is:

Sunscreen

Every woman should have in her closet:

lingerie

The biggest lesson I've
learnt in love:

Communication
and forgiveness

If Rocket could inherit one
quality of mine, it would be:

Sense of humour



Dress: \$570, Yeojin Bae (yeojinbae.com).
Earrings: \$235, Lucy & Mui (lucyandmui.com).
Cuff: \$350, Ford + Harris (fordandharris.com).
Ring: \$146, Coordinates Collection (coordinatescollection.com).

Reality TV is: Not real.

My ultimate indulgence is:

Bath houses.

I want to be known for:

- a) Being a role model
- b) Having kickass style
- ☒ c) Being a good friend
- d) Being an entrepreneur

My favourite wardrobe
staple is:

- ☒ a) Structured blazer
- b) Patent black pumps
- c) Plain white tee
- d) Skinny jeans

My last text was to:

Vicki Lee #BFF

Treat me with:

- ☒ a) A massage
- b) Wine
- c) Chocolate
- d) Cheese

Enjoy summer.
Lara



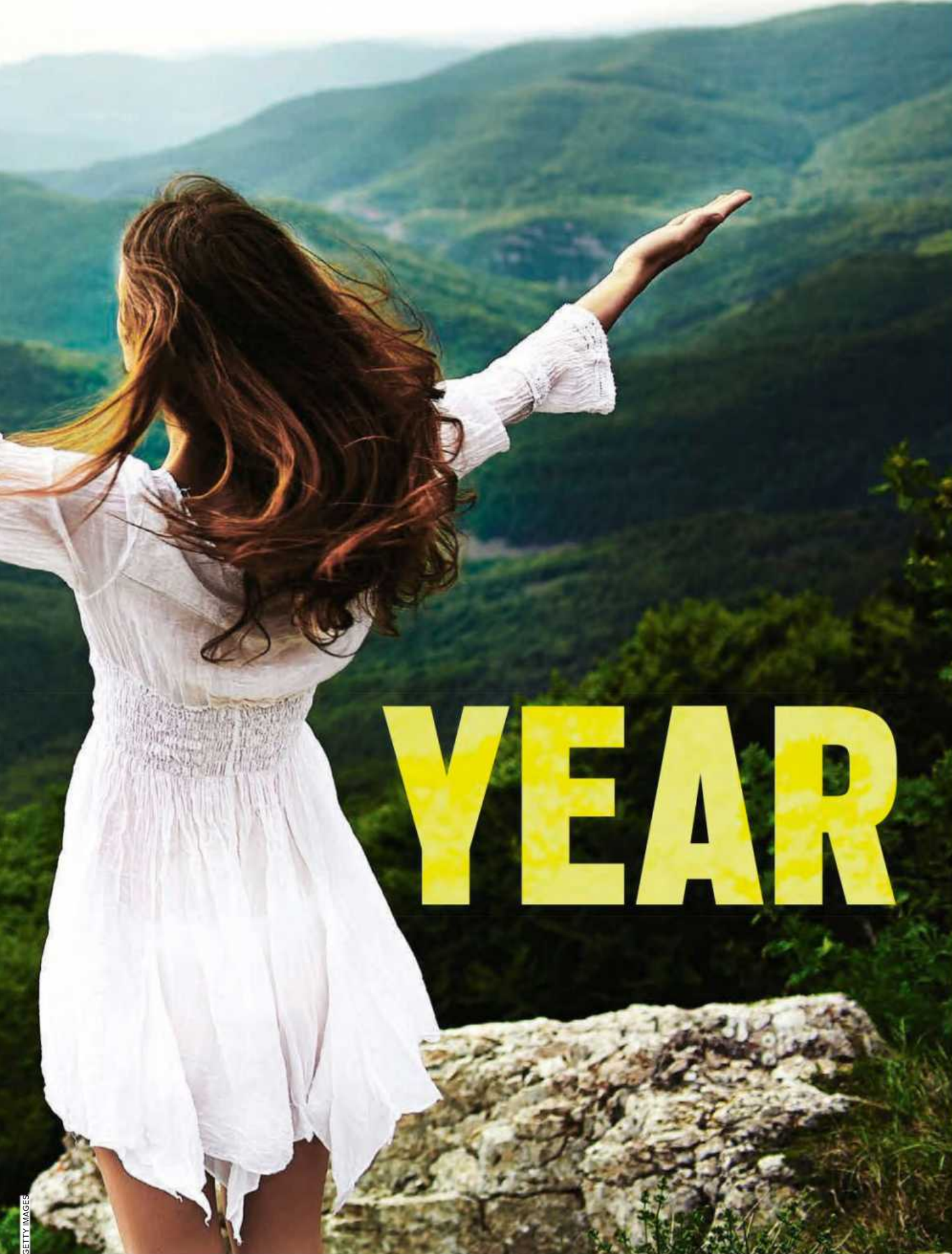
MMMORE!

Scan the page to
watch Lara on her
Cosmo photo shoot.



HOW SUCCESSFUL WOMEN SET THEMSELVES UP FOR A KICKASS

We asked Australia's most influential women to spill on how they'll be conquering 2016 – and they've got some solid game plans. So, pop the champers and get on board: January is right around the corner ♦♦



GETTY IMAGES

MIND, BODY AND SOUL

► **TRACEY FELLOWS**
Chief executive officer,
REA Group

"I always try to take a holiday and just relax and reset before the new year begins. This year I'm travelling to Italy with my husband Ian and my son Jake, and I'm really looking forward to spending that time with the two people I love most."

◀ **TYLER WRIGHT**
Rip Curl athlete/World
Tour surfer

"I simply enjoy the moment that I'm in at that time, whatever I'm doing, just being present. Presence in the now is often overlooked by the past or the future, taking you away from what is in front of you. It's about living in the moment."

► **NIKKI VAN DIJK** Rip Curl
athlete/World Tour surfer

"The number one thing to start my year off on a high would be some quality time spent at home with my family and friends in summer, surfing all day and just enjoying this healthy and happy time."

► **AIMEE MARKS**
Founder and CEO
of TOM Organic

"At the beginning of every year, I buy a beautiful notebook and, at the very front, fill it with positive quotes. This source of inspiration keeps me focused and also gives me a place to return to when times get difficult. You can reach such incredible heights with self-belief and attitude as fuel."

► **SHELLEY BARRETT** Founder and CEO of ModelCo

"I schedule in a mini-break for April, that way I have something to look forward to that is not too far away. When my health, fitness and personal life is balanced I feel this flows into my work."

▲ **YASSMIN ABDEL-
MAGIED** Engineer, Young
Queenslander of the Year
and founder of Youth
Without Borders

"January does tend to be a time where I learn a new skill or have a mini adventure because I have time and can focus my energy on something new and challenging! I also like to think about my priorities for the year and then write them up on a page and stick it where I can see it so that I'm always reminding myself."

SPRING/ SUMMER CLEAN



SHAYNNA BLAZE

Interior designer and TV personality

"I take all my clothes off hangers, replace any broken or stretched hangers and start the slate clean. Then I sort clothes into piles and put the 'go-to-pieces' at the front of each section. I don't have a large wardrobe and by the end of the year it's a complete mess. A neat and functional wardrobe allows me to keep organised and stops the area from getting out of control."



ERIKA HEYNATZ

Presenter, model and actor

"Start dreaming a little while you work on your tan, but then just shake off the celebratory sparkle of the New Year celebrations and be ruthless in your cull of things that belong to last year, or are loaded with old energy. I'm expecting a baby this month so my priorities will shift dramatically to [putting] someone else first. I believe that if I continue to nourish my goals, my child will only ever benefit from a happy, content mother."



PETA SHULMAN

Founder of GoodnessMe Box

"I like to do a full house clear-out, as I don't get much time during the year. When you de-clutter your home, you can think more clearly. I always like to think one's bedroom is a reflection of your state of mind, so this is an opportunity to start the year peacefully."



◀ KAYLA ITSINES

CEO and fitness entrepreneur

"The beginning of any new year is always about getting myself organised. I'll buy myself a new diary and fill in appointments, reminders and birthdays so I don't forget or double-book appointments and I can plan my week in advance."



◀ SALLY OBERMEDER

Co-host on *The Daily Edition* and founder of swiish.com

"During every summer holiday I choose one motivating book to get me pumped for the year ahead. Last year I read *#Girlboss* to get my creative ideas firing up."

◀ TURIA PITT

Motivational speaker, humanitarian, athlete

"I plan everything and anything for the year and what I want to get out of it. It could just be, 'I'm going to start this piece of writing'. Otherwise it's like if you're driving a car and not looking where you're going – it's a recipe for disaster."



◀ SAMANTHA ARMYTAGE

Sunrise co-host

"Order is important to me, so I get my house in order – then I can go out into the world and feel organised, calm and in control. My advice is try to be rested. Take time out. Ten years ago I was working both ends of the day, seven days a week. It helped me to get ahead, but I was always exhausted. I don't recommend it."



▲ BRONWYN MCCAHON

Editor-in-chief of *Cosmopolitan* and *Cosmopolitan Bride*

"I schedule all important appointments, like my pap smear, skin check and dentist check-up, in January every year so it's easy to know when to repeat." ♦♦

#WORKLYF

► TIFFINY HALL *Trainer on The Bigger Loser*

"I have my book contracts in place so I know my writing schedule for the following year. I love to control what I can by setting deadlines. The end of the year is a great deadline, be it to spring clean the wardrobe, increase weight on a deadlift, up your speed on a 5km run, or finish a work project."

► EMMA ALBERICI *ABC Lateline co-presenter*

"In January I train myself to stop trying to fill every moment and spend more time being idle. While I'm lolling around I can actually go through the 10,631 unread emails in my inbox."

▼ MELISSA BROWNE *Accountant and author of Fabulous but Broke*

"I have a 'think week' like Bill Gates. I spend a week reading, thinking, watching podcasts and then writing plans. Allowing myself the time to think, dream, imagine, read and plan means my best ideas bubble up and I'm more innovative."

▲ LATIKA BOURKE *Journalist and author of From India with Love*

"I read! I never get enough time to read, so spending the quieter time in Jan to read a few books, consuming new and thought-provoking ideas, is a great way to start the year. It makes me feel fuller as a person."

THE BRAINS TRUST

CELEBRITY NEW YEAR MANTRAS

ALL THE STAR-STUDED JANUARY FEELS

"This is a new year. A new beginning. And things will change."

TAYLOR SWIFT



"CHEERS TO A NEW YEAR AND ANOTHER CHANCE FOR US TO GET IT RIGHT."

OPRAH WINFREY



"This time of year is one of my favourites, mostly because it's the season of goodwill and gratitude. It's a time to pause and reflect on the year that's been, celebrate hard work, acknowledge all the lessons we've learnt, and thank all who've guided and supported us along the way."

MIRANDA KERR



"I HATE RESOLUTIONS BECAUSE NO ONE STICKS TO THEM. I JUST WANT TO EXCEL AT ANYTHING THAT I DO, AND HAVE A LOT OF FUN IN LIFE."

KHLOÉ KARDASHIAN



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NAVY



ARMY



AIR FORCE

WOMEN *in* WAR ZONES

As you read this, there are women on the frontline risking their lives, healing the wounded and bringing us the stories that shape our world. To us, they're extraordinary, but to them, they're just "doing their job"

**Kate
White**

Nurse with *Médecins
Sans Frontières*
(Doctors Without
Borders)



I implement the most-needed medical programs from the emergency desk. We go to those places that have experienced a form of conflict or medical disaster and assess the situation for what is most needed.

I treat a combination of wounded fighters and civilians. You have people injured from blasts, but that doesn't mean the everyday stuff stops for locals.

In Libya we were operating in small clinics on the frontline. The area was being shelled – usually for an hour each day at 1pm. One day the shelling was so close you could feel the building shake. I don't think you become accustomed to it, but you learn how to operate within it. I did wonder if I would end up a mess [mentally]. I don't think I have.

As soon as you finish a posting you have a debriefing with a psychologist



Thousands of women
enjoy careers on
the frontline.

“IT IS UNPRECEDENTED THAT JOURNALISTS HAVE BECOME SUCH A TARGET”



**Sophie
McNeill**

ABC Foreign
Correspondent

“The Middle East is the part of the world that needs our voice – it’s horrific what’s going on. Everywhere you look there’s a story. I lived in the Middle East from 2006 to 2009 in Beirut and Jerusalem. I came home, had two boys with my husband then we moved to Jerusalem in May.

I have to remind people that you only see the worst stuff on the news and the other half of Jerusalem is living a pretty normal life. This is a divided city. You have one half that’s Israel and the other is Palestine. Where I live [feels like it] could be in Europe, we have such a high standard of living. The other day I went 20 minutes from my house and got tear gassed in a protest at a checkpoint. I drove home and my kids had just been playing in the park all day and there was no sign of what was happening on the other side of the wall.

What’s sad now about the Middle East compared to 2006 is that so many parts are no-go zones. The whole of Syria is; the top of Iraq, too. The hardest part [of my job] is trying to tell these stories when the situation has deteriorated to a point that you can’t go there.

It’s unprecedented that journalists have become such a target. It’s changed the way we work – you’re relying on brave people on the inside. It’s terrifying to work in Egypt as a foreign journalist. If you interview dissidents, you both risk arrest. It’s amazing that people still want to talk with you. They are so opposed to their government they’ll risk arrest.

There’s no such thing as a ‘typical day’, so it’s hard to plan anything. If you like locking in a brunch date three weeks ahead, this isn’t the job for you.”

but when you’re in the field you can access a phone number any day or night to talk. Training-wise, we’re taught how to deal with stressful situations, like kidnapping. But sometimes I don’t know how you can really train for these situations – will you freeze, panic, keep working or run away?

When you’re away it’s not easy to call home. In Libya I could occasionally call for a few minutes, but I would just worry about what they could hear in the

background. It often looks and sounds worse than it actually is and I didn’t want my family and friends to worry.

We don’t travel with security; we rely on acceptance as our biggest form of security. We try to make it known we are independent from any government – we treat people based on their needs.

At the moment I’m taking a bit of a break to study, but I will go back out there in the field – it’s a bit addictive.”



A building collapses after being hit by a bomb dropped by the Israeli military in Beirut, 2006.



Pro-Russian rebels fire their weapons into the air during a parade in Donetsk, 2014.



A woman weeps after her pregnant daughter is killed in an Israeli air strike in Beirut, 2006.



Kate Geraghty

Fairfax
Photojournalist



I've been to Jakarta, Iraq and Lebanon, covered the tsunami in Bali, also last year's downing of MH17

in East Ukraine [the commercial plane shot down by Russian-backed rebels]. That one was interesting because it was a disaster inside a conflict zone – we had to deal with the unrest going on around us. As journalists, once we got through the checkpoints, we had accreditation from the rebels and Ukraine authorities and we could walk freely around the site.

A scary moment was when I was imprisoned in Israel in 2010. I was on a [US-flagged] vessel that was part of a flotilla [a fleet of warships] headed to Gaza, as an accredited journalist – there were only activists and media on board. Fairfax had a bureau in Israel at the time and we were covering it from both sides. We were in international waters and we got warnings from the Israeli military

not to approach any closer. We were intercepted violently and over 40 were injured and nine were killed. The Israeli military took us to Israel to be processed and we spent three days in prison.

There were several occasions in Ukraine when I missed out on taking images that were really powerful, because if I lifted the camera there was a very real threat I would be shot at. To an untrained eye or from a distance, a camera with a long lens on a hill possibly looks like a weapon. The other threat of course is that cameras record history. You've got to take into consideration that you are putting your driver, the journalist and the translator's life at risk.

In Lebanon I could travel freely. In Iraq during the 2003 invasion we could travel freely, too, but had to know where the danger was. The most restriction I've encountered was in Baghdad in 2014. It had become so dangerous, there were a minimum of two bombings a day. We could only spend up to 20 minutes on the ground in any one location to limit the risk of us being kidnapped or caught in an IED [improvised explosive device] or suicide bombing.

Being a woman has not made me feel vulnerable in any disaster or hostile

**"PEOPLE'S STORIES
ARE WHAT IS
SPECIAL AND IT'S
AN HONOUR TO
TELL THEM"**

environment – when you're in any country you abide by the culture or religion. I wear a hijab when I'm in Afghanistan and Iraq. I can sit with men and share a meal with them, whereas normally some places in Afghanistan some women can't. You're a foreign journalist, so that gives you almost a pass that you can get into areas [local] women don't have access to.

You remember what you've seen, but I don't suffer from post-traumatic stress disorder; I'm lucky. But I believe anyone can do what I do; I don't think it's anything that special. People's stories are what's special. Their whole world is collapsing and it's an honour to tell their stories – that's what drives me."

PHOTOGRAPHY BY KATE GERAGHTY



Anita Nemarich

Lieutenant Commander and Executive Officer – second in command – on HMAS Newcastle

“Most recently I was deployed for 180 days in the Middle East as part of Operation MANITOU early last year. The aim was maritime security – anti-piracy, anti-terrorism, and making our sea lanes safe.

I’ve done Middle East deployment four times now and a lot of border security operations – I have certainly seen some hostile situations. People will pull out weapons and machetes at you if you try to board their vessel. You don’t know to what lengths they’ll go to protect the illegal activity they’re doing. You have to trust the people around you and work together as a team to get out of situations. I don’t know if scared is the right word, but there is always a level of apprehension.

On my last deployment, our primary role was to catch illegal drug trafficking and dispose of whatever we caught at sea. The danger is everything from bad weather to the boarding of these illegal vessels as you don’t know what you’re going to be confronted with, if they will have weapons, are smuggling drugs or smuggling people.

On my last deployment we intercepted 1.4 tonnes of heroin, with a street value of 1.2 billion dollars. The biggest thing for us is that it’s great we’re taking it off the streets, but most of the money from those drugs fuels terrorism, so that’s what we’re stopping. We’re cutting their funding off, essentially, which will promote stability and peace in the area.

Our training is continually evolving. The first time I went over [to the Middle East] was just after 9/11, so our operations were focused in the Arabian Gulf working with the Americans protecting the oil rigs [that were under threat].

I’m single at the moment, but it can be hard to have a partner when you’re

“PEOPLE WILL
PULL OUT
WEAPONS AT YOU
IF YOU TRY TO
BOARD THEIR
VESSEL”

away so much. Technology helps: we have email, Wi-Fi and can phone home from the satellite phone. But that said, you’re still away. You see a lot of people have difficulties with their relationships or you see deaths in the family and they can’t get home. The physical distance does put a lot of strain on relationships.

Out of our ship company of 203 we have about 35 females. This is all I’ve ever done, it’s all I’ve ever known, so I don’t really think I’m that unique by doing this as a female. For me, it’s normal.”



Jacqui de Gelder

Sergeant in the Australian Army

“I have been deployed to Afghanistan, Kuwait and Iraq as an army medic, in the field and ‘inside the wire’ – the base where we live.

Luckily, I haven’t been in a situation where I’ve had to leave someone injured because it wasn’t safe. You’re a soldier first before your job and sometimes I may need to defend myself, so I’m heavily armed when I’m on patrol. I’ve been in situations where I’ve feared for my life. There was an IED in Chora Valley in Afghanistan and I was 200m away when the explosion happened. Seven people were killed, including one Australian soldier – we call it a mass casualty situation. I ran to the site to help – there was a medic already at the scene who was patrolling with the section. I was scared, but you don’t show it. Adrenaline takes over. It’s more the coming down after that’s when it hits you. I deal with it by talking to my friends or through post-activity briefs.

Base can be on the frontline and we have “IDF” [indirect fire] at times. That’s when someone outside the base, like the Taliban, fires a rocket at the base but they’re not 100 per cent sure where it will land, they’ve just aimed it towards where the troops are, hoping to injure. An alarm would sound if it was coming near – so there is danger even in a base.

I’ve never experienced any issues with being a female in the army. There are issues you don’t think of, like going to the toilet on patrol. But I would still recommend the army to everyone. You don’t have to be manly, I’m very feminine – I’ve been out in the bush and I’ll still have perfume on!

The hardest part is being away from family and friends. The thing I love the most is the friendships you make and of course, the travel – and I get paid to do it!” **Mel Evans**


Rescuers assist refugees onto their rescue dinghy approximately 20km off Libya, August 2015.



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Young,
gorgeous
and with
a face full
of toxins...
meet

THE BABY BOTOX CLUB

Y

OU NEVER WANT TO BE TOLD BY A TOTAL STRANGER THAT YOU WOULD MAKE AN IDEAL CANDIDATE FOR BOTOX. BUT THAT'S EXACTLY WHAT HAPPENED TO HARRIET THURLEY AS SHE ENTERED A LOCAL BEAUTY CLINIC

► The stranger in question was a slim, blonde woman who could have been no more than... well, anywhere between 28 and 45, really. She had more letters after her name than lines on her face, and the overall effect was one of, not youth exactly, but rather a startling blankness. "I started when I was 27," she said in explanation.

For the record, the years have been relatively kind to my face. I'm 28 and still get asked for ID buying alcohol. Sure, there are contour lines here and there on the upper reaches of my forehead, but that's it. But then that's not the point. Today, we live in a world of prevention – preventative medicine, preventative nutrition and now preventative beauty, where non-surgical cosmetic treatments are performed long before lines appear, as a way of delaying the need for more invasive work down the line.

Sure enough, the blonde woman impressed upon me that my lines would worsen if untreated, and that to really benefit from Botox, I'd need to have it before the fissures of age set in. I nodded and took a sip from the bottle of Evian handed to me on the way in. Its slogan, "Live young", seemed suddenly so apt.

Selfie culture


Five years ago, actress Carey Mulligan admitted that her dermatologist had recommended she have some Botox to reduce the fine lines under her eyes. "Only in LA would someone try to give you Botox when you're 25 years old," she said at the time. But that's no longer the case. In Australia, there has been a huge shift in the number of women under 30 using botulinum toxin, commonly referred to as Botox, even though Botox is actually just a brand of the toxin. (For simplicity's sake, in this article when discussing botulinum toxins we – as do many of the clinicians we spoke to – use the generic term "Botox".) And according to a survey by the Cosmetic Physicians College of Australasia, 36 per cent of 20-30-year-olds would consider anti-wrinkle injectables to look younger.

Thanks to our obsession with social media and celebrity culture, millennials are more narcissistic than previous generations; a demographic of young men and women consumed with self-image, self-promotion and self-doubt. No wonder 25 per cent of 11-18-year-olds want plastic surgery. Look at any film, TV show or ➡➡





“There’s been a 34
per cent rise in new
twentysomething
Botox users in a year”



celebrity mag and you'll likely notice something different about how a famous twentysomething looks in comparison to a few months before. Kylie Jenner (whose influence reaches far and wide with 39.9 million-plus Instagram followers) recently admitted her Michelin-tyre lips are the work of fillers. She's only 18. Channel flick through a few reality shows and you'll see the blank-faced stares, ice-rink foreheads and pillowy cheeks that are the hallmarks of Botox and filler treatments. "I literally had the worst Botox job before going into the house," revealed one of last year's *The Bachelor* contestants Laurina Fleure. "I saw the derm and said: 'I'm going on TV!'"

It appears the use of Botox by well-known personalities is having an effect on their audience, too. "All I ever see in my industry is beautiful people," says Carly*, 27, a publicist from Sydney who has been having injections for her "crow's feet" every few months since she was 25. "I was really concerned that I didn't look as youthful and picture-perfect as other girls my age, so, when a friend in the media industry told me she was using Botox, I decided to give it a go. I can say I'm hooked." Dr Catherine Porter, who is a spokesperson for the Cosmetic Physicians College of Australasia, says more young women are "opting for the preventative approach over the curative method" when it comes to the visible effects of ageing.

"I am glad I started when I did because hopefully it delays the ageing process," says Carly. And gone are the days where Botox would break the bank – an injection can cost as little as \$13, so even teens can afford it. "I've had women younger than 20 ask me for these procedures," says Dr Irene Kushelew, vice-president of the Australasian College of Cosmetic

Surgery. "I advise them against this as men and women typically start seeing static wrinkles, which I'm comfortable treating, in their late twenties or early thirties."

Playing with fire?

Long-term consequences of turning to injections before the age of 30 are hard to predict. Remember, it hasn't even been around all that long. The Therapeutic Goods Administration (Australia's drug regulatory agency) first approved Botox injections for medical use in 1999 but it wasn't until 2002 that it got the green light for cosmetic use on age-related lines. At first, people were quite sceptical about injecting what's essentially a poison

(Botox is a neurotoxin produced by the bacterium *clostridium botulinum*, which paralyses muscles). But that fear has now abated. Botox is by far the most popular non-surgical medical procedure in the world, with about 6.3 million people having the treatment in the United States alone in 2013 (there aren't any Australian stats). But how can we

"Some surgeons attribute the unnatural sagging of facial muscles to an overuse of Botox"

be sure about the possible effects of a procedure that's only been around for just over a decade? Recent photos of actress Lara Flynn Boyle, who is thought to be a user of both fillers and Botox, have emerged, in which she appears older than her 45 years. Some surgeons attribute the unnatural sagging of her facial muscles to an overuse of the treatment (paralysed muscles can become underdeveloped and lazy). So what does that mean for twentysomethings?

WHO'S HAD WHAT?



Plastic and cosmetic surgeon Dr Anh Nguyen gives her opinion on these well-known faces.

Dr Arthur Perry, a professor of plastic surgery at Columbia University in New York, thinks it's ridiculous to start using Botox so young. "Collagen, the structural layer of the skin, increases in thickness up to age 20," he says. "Then from 20 to 30 it maintains that thickness. But it's impossible to increase collagen beyond the normal physiological amount, so until it starts decreasing in thickness – which it does at a rate of just one per cent per year from the age of 30 – it makes no sense to use Botox. "One *can* begin using Botox before wrinkles appear, but not until a more reasonable age, such as your mid-thirties."

A side effect of Botox is muscle atrophy, or thinning of muscles, caused by lack of use. "It leaves a skeletonised appearance," explains Dr Darren McKeown, a Botox specialist with clinics in Glasgow and on London's Harley Street. "The eye area begins to look very harsh. Despite there being no lines or wrinkles in the area, there's something that's not quite right. You see it all the time on programs such as *The Only Way Is Essex*; girls who have line-free faces but look much older than their years."

"Compensatory wrinkling" is another problem. This happens when some muscles in the face work extra-hard to compensate for those that have been frozen, which then creates new wrinkles. So one area might look smooth and youthful, but another looks older. "In general, you shouldn't treat just one area at a time – it throws things off balance," says Dr Tamara Griffiths, who is a consultant dermatologist for the British Association of Dermatologists. "As a clinician, you acknowledge what is concerning the patient, but they may be very focused on one problem. [Getting Botox] should be a holistic approach."

JENNIFER LAWRENCE Her nose appears more refined – the tip position is slightly more elevated and there is a bit more nostril show. Her lips are more contoured, but that could be the effect of makeup or subtle lip fillers and Botox to help pronounce the eversion of the lips and change the smile.

MARGOT ROBBIE

Her nose is more refined with the tip changing the most dramatically. The shape of her face is more contoured at the jawline likely with the help of Botox to reduce the jaw width by weakening the masseters (jaw muscles). I am sure she has had some filler injections to her lips.



IGGY AZALEA Iggy appears to have a more refined nose. She also

seems to have a more contoured jawline and more heart-shaped face. I think she has had Botox to her masseters to create that hollowing below her cheeks and give her the more defined jawline.



Celebrity facialist Nichola Joss agrees: "Over 15 years, I've seen clients with Botox-treated muscle atrophy – their muscles lose volume, which has a slackening effect on skin. It leads to less-defined contours – which makes you look older before your time." Carly hasn't experienced this herself, but she's seen friends who get wrinkles in places they never did pre-treatment. "One girl I know gets creases under her eyes, which makes her look much older," she says. "But the rest of her face is perfectly smooth because of the Botox, so it really stands out. She now has to fix that. It's an ongoing process."

There's a further worrying issue. A study has found women who have had Botox could be less sensitive to

others' emotions, as an inability to produce any empathetic facial reactions actually alters their brain chemistry. "These are preliminary studies," says Dr Griffiths, "but I'd go against Botox at a young age. You don't know what the psychological implications may be."

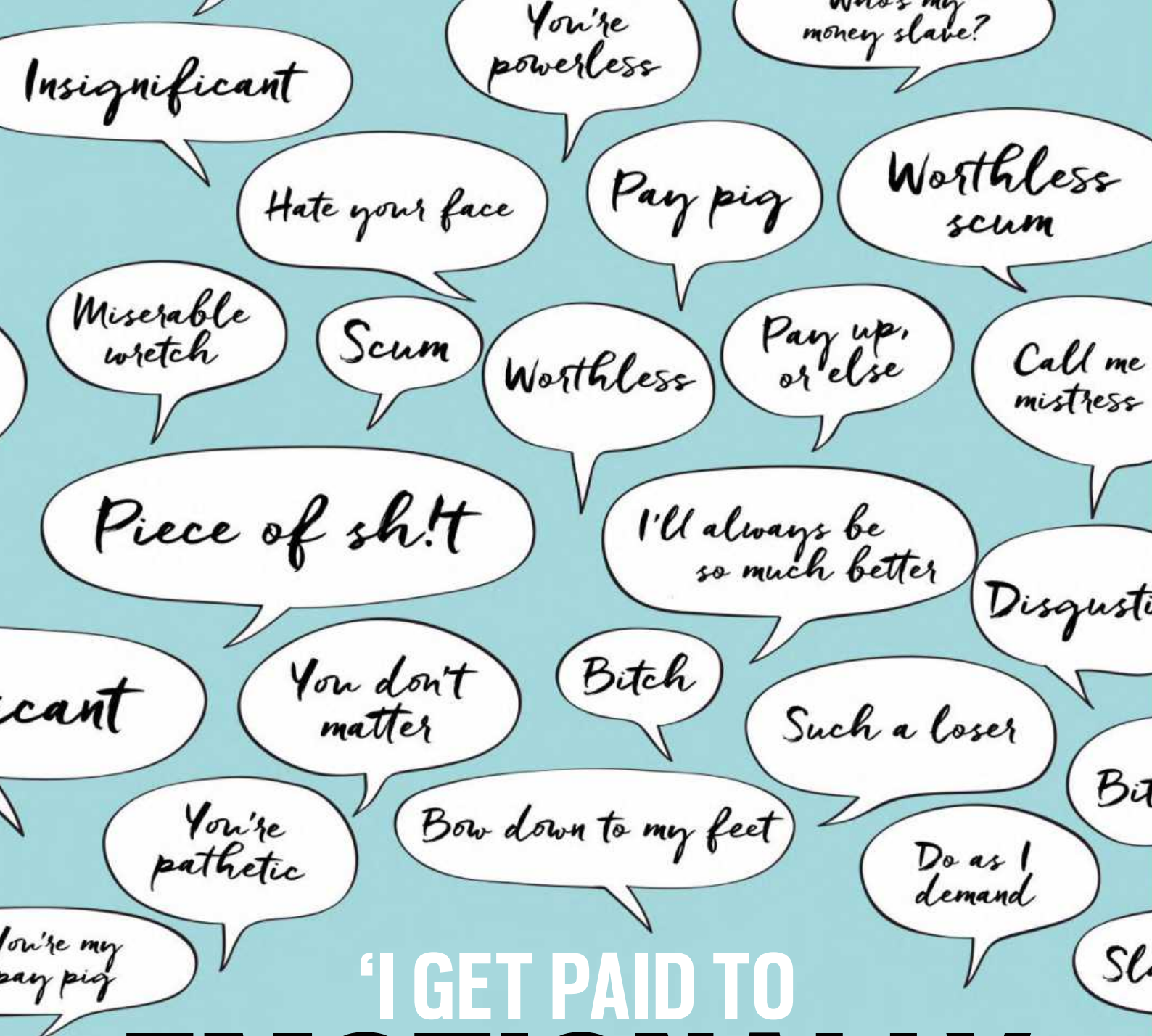
As for me, I didn't return to the clinic. I'm at peace with my lines. Yes, they'll grow and deepen, but I would rather have wrinkles where they're supposed to be. "Live young"? Of course. But look young? I'll let nature decide.

BEHIND THE SCENES



HARRIET THURLEY,
Cosmopolitan UK
Features Writer.

"To research this feature I actually went to a couple of different clinics. What shocked me was that, in each case, within minutes I was given identical advice: 'Get Botox'. Even more shocking was the number of young men and women I know who have since admitted that they regularly have treatments."



'I GET PAID TO EMOTIONALLY ABUSE MEN'

Nicole* makes \$25,000 a year... not to have sex, or even meet with a man — just to tell him over the phone that he's worthless. *Cosmo* uncovers the secret world of findom

After a long day juggling going to classes for her communications degree and part-time work at a coffee chain on the Gold Coast, Nicole, 22, goes home to microwave herself a Lean Cuisine meal ("I'm a terrible cook," she confesses), slip on her "trackie dacks", and remove the day's makeup. But instead of settling on the sofa for a Netflix binge, she turns on her laptop, opens Skype and answers a call from a man she's never met.

Tonight, Nicole demands this well-educated businessman strip down, put on an adult diaper, suck on a dummy and crawl around while Nicole tells him what a powerless little boy he really is. He can't see her during the 30-minute call – her camera remains off – but she watches his every move, ensuring he's done as he's told. For this experience, Nicole will get paid \$250. It'll go towards a Mimco clutch she's been eyeing up.

This is the underground world of financial domination – or findom, as it's better known – a fetish where a person gets off on being taken advantage of financially. And women, like Nicole, are raking in cash and gifts from men eager to relinquish all power.

"The stereotype is men in high-powered jobs, who find it's a release for them to give up that control," explains sexologist Dr Nikki Goldstein. "Often people pay professional dominatrixes because they are too shy to take these fantasies to their partner for fear of being rejected or ridiculed if they were to say to them, 'I get off when you tell me I'm worthless and take my money.'"

It may sound like a niche fetish, but it's far from. Surprisingly, websites such as findoms.com have hundreds of thousands of members – and that's just one of many growing online communities for people who want to be treated like a "money slave" and those who want to have one, for whatever reason.

"People get enjoyment out of being humiliated and that is very difficult to explain to someone else, so they go and

I TOLD HIM HE WAS NOT ALLOWED TO COME UP FOR AIR UNTIL I CLIMAXED

pay for it," says Dr Goldstein. "It's a transactional way to ask for exactly what you want without any risk of rejection. When you are giving up control and finances, it's a vulnerable space and that's what gets people off."

Nicole raked in a cool \$25,000 last year in cash and gifts, including a tent she needed for a festival, from her clients for simply telling them they're worthless and forcing them to perform humiliating – and often painful – tasks such as duct taping their testicles together and then ripping the tape off them on her command, sometimes 24 hours later. You may be asking, "How can I sign up to this sweet deal?" but Dr Goldstein warns, it's not for the fainthearted.

"There is a real risk in being a professional dominatrix because there are a lot of dynamics involved and it can bring up some strong reactions," she explains. "You have to understand the psychology and protect them emotionally. You'll find most people in this line [of work] aren't just doing it for the money, they're women who have worked out a way they can monetise off [their own] sexual fetish."

And Nicole did just that when she found a website dedicated to people who shared her fetish for domination a year ago. She invites *Cosmo* into her double life as a hard-working student by day and Domme mistress by night...

“When I tell people closest to me that I'm a dominatrix who gets paid to taunt men, they think I'm joking. I've always been quite 'vanilla' in my day-to-day life. I've never stood out and always fitted in to any situation I've been put in and gone with the flow. Nothing about my looks or demeanour would give away the fact I get off on dominating men, but I do – and I am lucky enough to get paid for it.

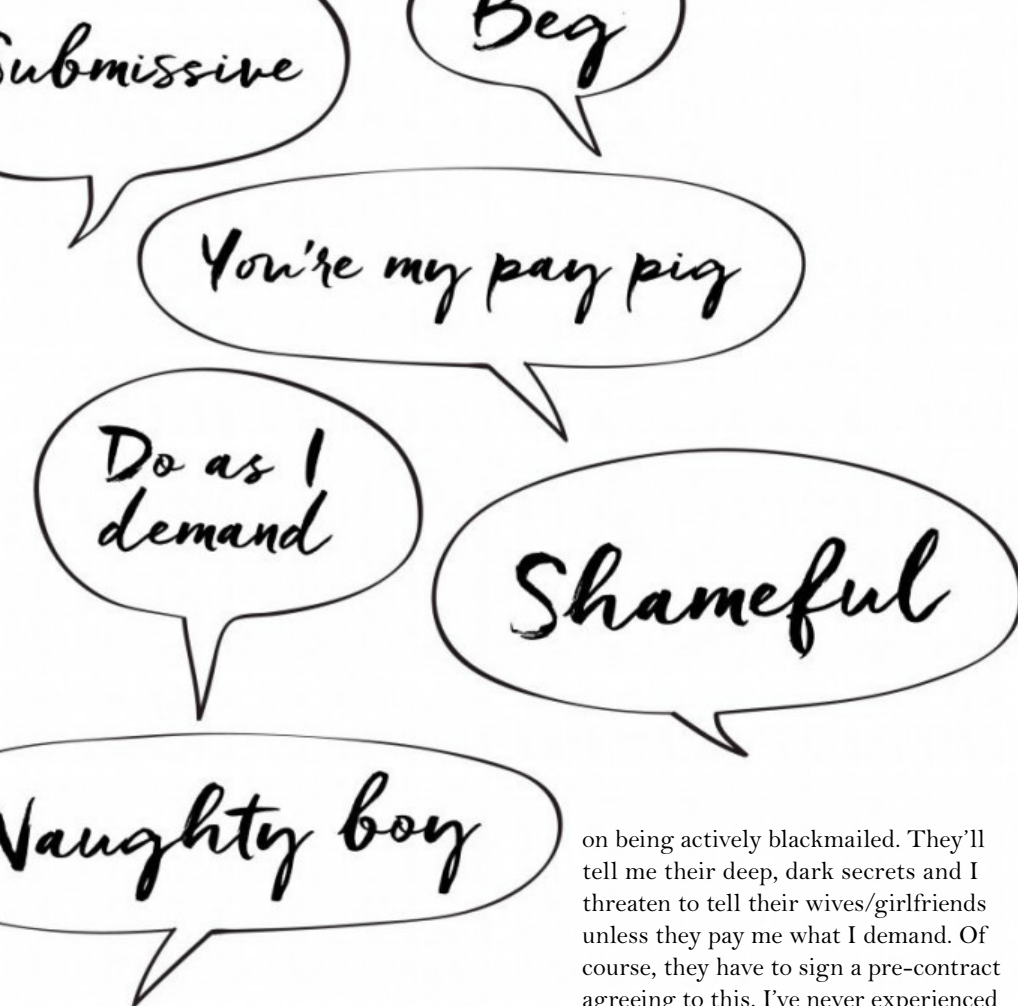
I met my first boyfriend when I was 15 and we had a great time together for three years. However, towards the end of our relationship, I realised he had never given me an orgasm – I always had to do it myself. I was always so concerned with pleasing him that I forgot about me. Then one day while we were having sex I demanded he go down on me and told him he was not allowed to come up for air until I climaxed. It was so out of character, but he did as I told him to and it was the best feeling. I got such a thrill from taking charge and telling him what to do to, that I continued to find my voice – and it's a *very* strong one – until we ended things because he didn't enjoy being submissive.

I continued to have many healthy relationships with men who enjoyed me being their dominant in the bedroom. I experimented with whips and chains and it really turned me on. I loved becoming this strong, powerful goddess in the bedroom and the men I dated got off on it too. However, it wasn't until I visited a sex store one day and started chatting to the cashier that I got into findom. She had noticed I was purchasing a lot of BDSM products and she told me I should look into maybe becoming a professional dominatrix. My first reaction was, 'no way!' but then she explained that many of these men don't even want to meet, they're not looking for anything physical, it's all mental for them.

That's when I went online and signed up to one of the findom websites as Mistress Savannah. The very next day, I had a man asking me if I'd let ➡

Worthless

Blackmail



him pay me \$300 to call him and tell him he was pathetic and worthless. I couldn't believe it at first, but I agreed and he transferred the money and we had a 45-minute conversation, where I used my Domme voice and ordered him to resist touching himself until I gave him permission to. We both got off that night.

He became one of my regular "pay pigs" (I know the term is degrading, but it's what these men like being called – it's part of the fetish) and my clientele continued to grow. It's the best thing for me because not only does the money help pay off my uni debt, but I can choose when I do it and I can even order them around while I'm doing my grocery shopping (although this is only if I'm really pushed for time). I never have to take off my clothes or dress up for any of my clients.

I am very aware, though, that this is a job and I am there to fulfil the needs of my submissives. Most of them are in relationships and are too ashamed to ask their partners for the things they ask of me. I get all different requests; some men enjoy being humiliated and degraded verbally, while others get off

on being actively blackmailed. They'll tell me their deep, dark secrets and I threaten to tell their wives/girlfriends unless they pay me what I demand. Of course, they have to sign a pre-contract agreeing to this. I've never experienced it with my clients, but I've heard of a few men losing everything and going broke because of their findom obsession. It's an addiction for some and not everyone is wealthy, some are tradies or students, and they spend every cent they have – and what they don't – on their mistresses.

I see a lot of girls thinking this is an easy way to make money, but it's work and you have to have empathy and be able to read clients. There's a misconception that Dommies do whatever they want to men. In reality you're just fulfilling his needs and doing what he wants in return for money and gifts. I've been sent shoes, gift cards and sexy lingerie. Sometimes I'll send them pictures of me wearing it. I see it as a sugar daddy and sugar baby relationship, except I'm never expected to give sexual favours for being spoilt.

I'm sure when I find myself in a new relationship, I'll have to call it quits, but for now, it's a great way for me to explore my own sexual appetite as well as help others with their own desires – the money is just an added bonus."

FROM THE SUBMISSIVE'S MOUTH

One of Nicole's clients, Steve*, shares what turns him on about findom


"Ever since I hit puberty I found that I was turned on by strong, independent woman and would fantasise about following their every command. I found that girls I dated didn't understand this and would often dump me for being too 'needy'. Once I was even called a 'pussy' – and surprisingly, I enjoyed it.

I went on to become very successful in my career as a lawyer and make a lot of money. I don't have a girlfriend at the moment, but even when I have, I've never been able to express my desire to be humiliated and punished. It's something that many people can't relate to, so I find my release by paying Mistress Savannah to control me and let me be her slave.

I get such a sexual thrill from handing over my hard-earned money to a beautiful woman and still be denied any sexual/romantic relationship. I think that's about as real as any female domination can get.

I love it when Mistress Savannah calls me her bitch and reminds me of how very insignificant I really am. I get very aroused by it, especially after a long day at work, where I'm the one calling all the shots.

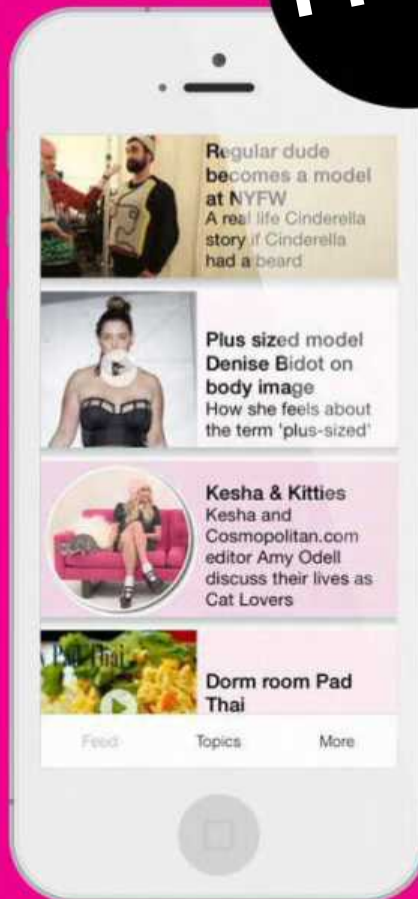
It's a hard thing to explain, but the really great thing about technology is that it allows people to form communities online and share their desires in a safe place without any judgement from others."

Shari Nementzik 

The CosmoTV logo, featuring the word "COSMO" in black and "TV" in pink, with a pink starburst graphic behind the "O".

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**WHAT
THE
HELL
HAP-
PENED
LAST
NIGHT?**





✓
FUN

✓
**LIFE OF
THE PARTY**

✓
**BAD
FRIEND**

WHY THAT “ONE LAST GLASS” COULD RUIN A FRIENDSHIP FOR GOOD — AND HOW TO FIX IT

There are only so many times you can blame the alcohol for your friendship-sabotaging behaviour the night before. Yes, you feel like you've been hit by a bus, but when you see *those* texts, which are evident of your (very bad) actions, you need to pick up the phone before that bacon and egg roll and do some damage control.

Exact details are dim, but what you do know is you fell out with one of your nearest and dearest and things may not be as easy to fix over a latte as you initially thought. According to a *Medical Journal of Australia* study, women these days are drinking 3.4 standard drinks a day, which is up from 2.8 in 2001. Keep in mind, only two drinks a day are suggested under safe drinking guidelines.

You're too old to sweep a friendship faux pas under the rug — this is something you need to address head-on lest you ruin a cherished bond for good. ➡➡

It was all fun and games until you wet-willied her new boyfriend.

REWIND. YOU WERE DRUNK AND...



1AM: FLAKY

You're flakier than a fish fillet. But this time, you did wrong. For instance, it was your best friend's birthday party, but you also had a work function scheduled the same night. You planned to tackle the function first, impress the boss and be on your way. Only, you took advantage of the open bar and the birthday party fell down the priority list – in fact, it fell all the way off. You pushed your leaving time back every hour until that last call bell tolled and you were sent home – without bothering to visit an understandably pretty pissed-off friend. On her *birthday*.

THE SOLUTION: You couldn't even sneak off to the bathroom to give her a call and let her know you were staying a little longer? It doesn't matter that time management was "never your thing" – this one requires some repentance. "If you think you were in the wrong then reach out and apologise," says psychologist Jacqui Manning. "Say you'd like to talk to them when they've got the time – let them cool off."

11PM: MOUTHY

Causing fights at the bar? You know better. While you were being rude to the barman or

challenging bystanders with a sassy retort, your friend had to go into damage control to make sure you left the bar on your own terms and sans two black eyes. She's a keeper. You on the other hand? You've got some issues to address.

THE SOLUTION:

We all feel a little bit of liquid courage after a couple of wines, but that doesn't give you the right to say whatever you want. There are other issues here that you need to address away from apologising. "If anger is your 'go-to' emotional state then [look at] how you handle stress generally," Manning

says. Smooth things over with your friend by acknowledging there's a problem, and after that it may be time to go chat to a trusted confidant or even a professional. "Sadness is often underneath anger, so it's very important to talk to someone you trust about your feelings. If you can't think of someone close or you want to go outside your circle, talk to your GP." A recent study by University of Western Sydney found that women aged 35-59 who were engaging in "risky" drinking habits, due to the pressures of children and career, sits at half a million.

10PM: INAPPROPRIATE

A joker is funny, but last night you went above and beyond in the wrong direction. Maybe you flashed a bartender for a free drink (you have a well-paying job – use your money) or tried to bribe the bouncer with a BJ to skip the queue. Whether you brought yourself into disrepute or were huddled in a corner bawling your eyes out, your poor friend had to abandon their own plans of fun to take care of you.

THE SOLUTION:

If you're continually getting drunk to the point where you can't walk, you're vomiting or needing your friend to help you get home, then it's time to have a little talk with your friend to address your attitude towards alcohol. Start with an apology and take responsibility for getting back on the right track – whether that involves seeing a professional or hashing out a plan for the next night out.

9PM: OFFENSIVE

After a few vodka sodas, you seem to have a penchant for

letting everyone know your opinion trumps theirs. Which is an oh-so-unattractive quality – niggling quarrels, jibes and personal comments are not cute or funny. From asserting your ill-informed, uninvited view of your friend's new man to choosing to announce some sensitive information, if you want to keep your ever-tolerant

friends in tow, you need to sort out your loose lips.

THE SOLUTION:

Firstly, you have to address it with your friend. "Ask if they are OK and use 'I' statements to communicate," Manning says. "For example, 'I'm not sure if I offended you but I have the feeling I might have said things I didn't mean.' Listen to them without interrupting." Manning says to think about how what you said came across. "If they have misunderstood something, be clear about how it was from your perspective – but with so much alcohol in your system, chances are you won't remember too well."

8PM: FLIRTY

It's one thing to flutter your lashes at a beau at the bar, but when it's your friend's other half it's just not on. And you (normally) know that. Alcohol

dulls the receptors in our brain that let us know when we're making a mistake, so pour one too many pinots and you've suddenly got little to no care factor for the consequences of your actions. Whether it was her husband, boyfriend or just a casual fling, you crossed a line and now you can only get as far as the voicemail on the other end. Frankly, your friend has every right to question your actions. But you can turn the ship around.

THE SOLUTION:

This calls for much more than an apology over the phone. "Let them cool down but don't pretend it hasn't happened," Manning says. "Reach out – sometimes a text setting up a time to talk or meet can work well – it gives them a chance to think, too. Apologise, listen and resolve an action plan for future social outings."

Mel Evans

IF YOU DRINK...

▶ VODKA + RED BULL

We're advised not to have more than two Red Bulls a day for good reason. Throw in a few extra and add alcohol and you're going to be doing silly things with more energy.

▶ SPIRIT + DIET SOFT DRINK

Those who mix with diet soft drink have an alcohol reading 18 per cent higher than those who stick with regular.

▶ LIQUEUR, DARK SPIRITS

Feel like dark spirits give you hellish hangovers? This is due to the amount of congeners – additives to give the alcohol its dark colour and flavour.

▶ RED WINE

Also with a lot of congeners, it also has high melatonin properties, which put you to sleep. Save the red wine for towards the end of the night.

▶ CHAMPAGNE

Carbon dioxide, which makes the bubbles, causes alcohol to be absorbed into the blood stream quicker. Keep an eye on your top-ups!

▶ MIXED DRINKS

The old adage "wine before beer makes you feel queer, beer before wine and you'll feel fine" is true... sort of. It's more down to alcohol content. If you start on beer (which has a lower content than wine) you're more likely to consume less wine than if you started the other way around.

IN THE DRINK

YOU MIGHT THINK ONE GLASS = ONE STANDARD DRINK, BUT THAT'S NOT ALWAYS THE CASE. HERE'S HOW MANY YOU'VE ACTUALLY HAD



BUGGER
BUM
SHIT
BUM

Tourette's doesn't always sound like this

Cosmo's chief subeditor, Kelsey Garlick, explains the quieter, more painful side to this syndrome

My head is throbbing, my jaw is aching, my teeth feel loose in my gums – like they could fall out at any second. Yet still I clench my teeth. Harder on the left. A little harder on the right. A smidge harder on the left. Juuust a little harder on the right. It's never going to feel totally balanced and I'm probably going to need to see a physio to loosen up my jaw, but for now I'll just keep clenching until one day I just stop.

As far as tics go, this is probably one of my most painful. It's up there with aggressively clicking my teeth together (which feels like if I'm not careful I'll shatter them and need dentures, which I'd probably also shatter) and this weird winking one I had so bad once when I was on a train that my eye got all sore and swelled up – but I still kept winking it. Until I didn't any more. Natch.

'Cos the thing is, I don't really have a say in the matter. I have Tourette's, and this is all just part of the territory, baby. You do some weird shit. Often you do that weird shit in public. If you've got the willpower of a horny nun, you might be able to hold off until you can find a private place to do the weird shit. But you gotta do it, and you gotta keep doing it, until you don't gotta do it no more.

And I mean that in a very literal sense. It's a physical compulsion that is all but impossible to ignore, like your compulsion to breathe or to blink. And then at some point, hours, days, months or even years later, it's just gone – the same way you all of a sudden realise you haven't hiccupped in a while. That pretty much describes an involuntary muscle movement called a "tic", which sums up Tourette's Syndrome, a collection of tics that come and go and vary from person to person. For me, some of my tics are super-obvious – I'm looking at you, weird winky tic – but generally they're fairly unnoticeable. At most, someone might give me a passing look and dismiss me as "a bit fidgety".

But for an eight-year-old kid who copied the sound a Guinea pig made one day – and then couldn't stop making that sound in her throat every day thereafter – it was a slightly bigger deal. And for her young classmates, it was practically

an invitation to mock. At the time I had no idea why I couldn't stop making these weird noises, and my parents had no idea either. So we just labelled the sound my "bad habit" and I had to put a dollar in a jar every time I was caught making it. I kind of just assumed I was going crazy until I flicked through a magazine in my teens and read an article about Tourette's. It described me to a tee. And so I had a name for my bad habits – just in time to get all teenage and angsty about it.

It's a different story now. Unlike kids, to whom every tiny difference is glaringly obvious, none of my workmates would have any idea about the Tourette's thing. As I write this, I've got some mad tics going – it's the price I'm paying for writing this article and drawing my own attention to it all (aw, you're worth it). *Space bar. Backspace. Space bar. Backspace. Space bar, space bar, space bar. Backspace, backspace. Space bar. Backspace.* And then there's a bit of a finger snap or two. I clenched and clicked my teeth through a meeting the other day and probably tapped my nose a few times – standard behaviour. But when I explain why my jaw is so freaking sore to my co-worker, she's surprised and overwhelmingly interested. In fact, I find as an adult that the vast majority of people I tell are just curious. So I explain it.

It's not all BUGGER BUGGER SHIT BUM F*CK COCKSUCKER like the entertainment industry would have you believe. I mean, yeah, that exists, but it's a specific occasional characteristic of Tourette's called coprolalia and not everyone has it. The vast majority of people with Tourette's are, well, just like me! They feel strangely unbalanced and tight in their own skin if they hold their tics back, and when they do let the tics out (such a relief), they rush out all at once to overcompensate. Just try to stop blinking for a few minutes – that's kind of how it feels. People with Tourette's have a neurological disorder – like OCD in a lot of ways, but minus the obsessive part. Someone with OCD might feel compelled to clap their hands 10 times because they're convinced something horrible will happen if they don't. But someone with Tourette's will just feel a physical urge to clap their hands. It's like scratching an itch.


SPACE BAR. SPACE BAR. BACKSPACE. SPACE BAR. BACKSPACE.

It can be uncomfortable. Really uncomfortable. Like when I know I can fit exactly two steps into each square of cement on the pavement and I get into a real good rhythm but whoever paved this particular section of the footpath messed with the measurements and now suddenly this one square fits three steps and I'm out of balance and it's completely f*cked up my day. That totally sucks.

But it has its positives, too. I'm fairly certain my whole career is based on this one lifelong tic where I have to spell out the words on signs I see with a finger on my leg or, as I got older and

more in control, by *imagining* a finger spelling it out on my leg. My spelling is perfect, yo. And I'm pretty sure I have as much – if not more – willpower than the aforementioned nun. I spent a five-year relationship with my then-partner absolutely convinced I wasn't ticklish (spoiler: I was. Now that's willpower).

Plus I've had some interesting experiences, like the time I wandered around Europe unknowingly summoning drug dealers with my persistent "tap my nose with my index finger" tic. (Who knew that was the international signal for "I want some cocaine please"?) But most of the time people just think I'm hinting they have something on their nose. Which they don't. But I do. I have Tourette's on my nose. I can definitely see the funny side – though I sometimes regret telling my friends, who get even when I'm being a bitch by staring straight at me and tapping their nose, knowing that it sets my tics off. Gets me every time, those bastards.

It's been nearly 20 years now since I developed my first tic. I excused my bad habits through primary school. I kept to myself in high school. I went through the appropriate period of teen melodrama about it during my uni years, when my tics grew worse with the pressure I put on myself to keep them hidden. And then one day during a particularly unbalanced and frustrating walk home from work, I decided holding it in wasn't worth it. I wrote a whole story about my Tourette's for my creative writing class. I read it out loud and sat back down and touched my nose. And from then on, my tics didn't bother me anymore. Turns out embracing my tics is way more effective than trying to suppress them – who'd have thought it? Twenty years on, I still sound like a damn Guinea pig when I'm sleepy. I'm told it's adorable. 

WHAT IS TOURETTE'S?

- ▶ Tourette's Syndrome (TS) is a neurological disorder, which affects one in 200 Australians.
- ▶ People living with Tourette's Syndrome have repetitive and involuntary muscle movements and vocalisations called "tics". Usually, tics increase with stress and tension, so relaxation can often help.
- ▶ Tics can be anything from eye blinking and squealing to twirling about and uttering obscene/inappropriate words. The variety is enormous.
- ▶ It is more common in boys than girls and mostly affects people between the ages of two and 21.
- ▶ It is not degenerative, but can last throughout life.

For more information, visit tourette.org.au.



A GENUINE
MARGARET RIVER

Classic



evansandtate.com.au



JULIA
GILLARD:

I wish
I called
out
sexism
earlier”



COSMO'S EDITOR-IN-CHIEF, BRONWYN MCCAHERN, SITS DOWN WITH THIS YEAR'S INDUCTEE INTO THE FUN FEARLESS FEMALE HALL OF FAME, JULIA GILLARD, TO TALK ABOUT THE IMPORTANCE OF EDUCATION AND HOW SHE'S GIVING YOU THE CHANCE TO WIN A SCHOLARSHIP AT DUCERE ♦♦



THE POWER OF AN EDUCATED GIRL

#TheGirlProject
#LetGirlsLearn

#62MillionGirls
#GlamourForEdu



From left: Julia, Charlize, Michelle, Nurhafada and Cynthia Leive.

Bronwyn: We've seen a lot on the news about you with Michelle Obama and lots of other celebrities as a part of the #62MillionGirls campaign. Can you tell us about your involvement in that?

Julia: Post-politics, I have taken on the role of chair of The Global Partnership for Education, a big multi-lateral role. We work in some of the poorest places in the world, trying to get kids primary and secondary school education. Michelle Obama was moved profoundly by what happened with the Nigerian school girls [who were kidnapped by Boko Haram]. It started off her own campaign, which is called *Let Girls Learn*. The estimate is there are 124 million children in the world today who are of primary and lower secondary school age who will never see

the inside of a classroom. Of course, half of them are girls. 62 million girls – that is a distressing enough fact. But that's compounded by news of the current rate of change: it won't be until 2111 that we will see the first generation of Sub-Saharan African girls to universally go to primary and lower secondary schools. It's far too many kids out of school, so we had a common desire to change that. I was delighted that Charlize Theron joined that panel. She's South African by birth and motivated by the fact that it's so clear that the longer you can keep a girl in school, the less likely she's going to become HIV positive. We were also joined on stage by a wonderful young woman – a schoolgirl activist from the Philippines called Nurhafada. Just like Malala Yousafzai

[Pakistani activist for female education and the youngest-ever Nobel Prize laureate] and other incredible young people, who have been pushing the message and showing courage.

When you do those events, do you get a buzz thinking that you're a part of this change?

It's obviously an honour and a privilege to do things like appear on stage with Michelle Obama, but the biggest buzz for me is seeing change.

Locally, you are doing things with your new role as chancellor for education provider Dũcere – what does that role entail?

It's a very fancy title! What it means is that I get to play a role in the rapidly evolving higher education business. I'm intrigued by this huge time of change for universities and

students. We're truly seeing an age where education can happen anywhere, with quality feedback, instantaneously. I think that's such an exciting image of the future that I was intellectually intrigued by.

You were in Hillary Clinton's campaign video. Did that come about because of your shared views around education or from previous dealings?

I would say that we have a friendship from our previous dealings. In my time in politics we've come together in a few ways. I am in admiration of what she's done and the values and passions she brings. I do believe that she would make a great president. And what a fantastic message to the world, the first woman president of the United States – that would just be wonderful.

Would you say there's a bit of a kindred spirit there?

I think so, in the fact that both of us believe men and women are equal. Looking at politics and seeing man after man in the "top" job means that your nation isn't making the most of the balance it has. Having women serve in the leading role, half of the time, to me makes sense as you're drawing on the full potential and the balance of your nation.

Did you always think you could be Prime Minister one day?

It was much more organic than that. If you said to me in school, "Is it possible for you to become Prime Minister?" I would have looked at you oddly. I wasn't the confident kid who had that aspiration. In the course of getting more involved in student politics, people would say to me, "You should think about politics". So over time I started to muse about it.

I remember on the night of the spill in 2013, you said you were determined not to shed a tear. I think that's incredibly resilient.

There are moments in your life where there is a time to give way to emotion and not worry about having to hold back. That's definitely the case in your private life, but in the life I led in politics, I was very conscious that if I appeared to give way to my emotions, to some people it

"WE ARE MISSING OUT ON A GREAT NUMBER OF WOMEN LEADERS"



Julia enjoys walks with partner Tim and dog Reuben.

may reinforce a pre-existing view that women can't take the pressure. I did feel things deeply but I was not going to give way to emotion. That was important to me, given it was also important to women in politics in the future.

Any advice for women coming up through the ranks who have to deal with sexism?

The difficult judgement is not "should we live in a world free of sexism?" We should, but the difficult judgement is how you get there and how confident an individual woman feels in any moment to point out and try to deal with sexism. Every woman feels the hard balance between biting their lip versus calling out sexist remarks. For me, looking back on my Prime Ministership, I wish I called out sexism earlier, rather than presuming it was going to fade away as people got used to a woman Prime Minister.

It's better to deal with these things immediately yourself. If that is going to be too hard for where you are, find champions who will deal with it with you or for you, rather than that weight falling on your shoulders.

What do you think makes women good leaders?

I'm not of the belief that there are male and female styles of leadership but I think there's a traditional style many male leaders deploy, which is more commanding. This is the traditional one because

men have typically been in positions of leadership and so that's what we're used to seeing. Women can be great command and control leaders. If we always see men lead, we are missing out on a great number of women leaders.

You don't seem to have slowed down since leaving office...

When I travel now, it's a lot more international and a lot less domestic.

But you sure know how to pack a suitcase!

I sure do! The difference is that the relentlessness doesn't follow me home in the same way it used to. I can have time at home with Tim [Mathieson, Julia's partner] and family.

What are your weekends like?

When I have free time back home in Adelaide we often do very quiet family things. I live near the beach, so we'll walk the dog on the beach in the morning. We have the benefit of privacy so we'll just spend time at home, have a barbecue or have family around. It's delightful because I can be around them, rather than just being constantly drawn away.

They must be very glad to have you back. In my household, my husband is the cook and that works well. Do you like cooking?

No, I am not the cook. Friends always joke, "What does Julia Gillard make for dinner?" and the answer is "reservations" (laughs). There's truth in that.

You're doing your work, you've got Tim on the pizza oven, and you've got your family – sounds like the perfect mix to me!

It's pretty good and the right mix for right now. What's on the bucket list, I don't quite know, but I'll figure it out over the next few years.

WIN A SCHOLARSHIP!

WITH

COSMOPOLITAN

&



Cosmo has teamed up with online education provider Dücere, of which Ms Gillard is the chancellor, for the first Cosmo/Dücere scholarship. Two scholarships with a combined value of \$84,000 are available – a bachelor degree and an MBA – for women interested in business management and entrepreneurship. Applications close January 31. Go to ducere.co/fff.

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THE SCENIC ROUTE

*Bright colours, bold
prints and living the
modern bohemian dream*

STYLING BY CHARLOTTA BACKLUND
PHOTOGRAPHY BY TANE COFFIN

Dress: \$269.99,
Oskar the Label
(oskarthelabel.com).

Scarf: \$245, Caslazur
(caslazur.com).

Shoes: \$265, Senso
(senso.com.au).

Necklace: \$249, Canan
(canancollection.com).

Bracelets: \$149 for each
set, Samantha Wills
(samanthawills.com).

Bag: \$109.95, Seafolly
(seafolly.com.au).



Top: \$140, Kookai
(kookai.com.au). **Pants:**
\$199.95, C/meo Collective
(cmeocollective.com).
Shoes: \$109.95, Sol Sana
(sol-sana.com). **Choker:**
\$169.95; **necklace:**
\$139.95, both Nat Kent
(natkent.com.au).
Bracelets: \$169 for each
set, Samantha Wills
(samanthawills.com).



Playsuit: \$219.95, C/meo Collective (cmeocollective.com). **Blouse:** around waist \$55, Sunny Girl (sunnygirl.com.au). **Shoes:** \$209.95, Sol Sana (sol-sana.com). **Hat:** \$130, 66 the Label (66thelabel.com). **Earrings:** \$119, Samantha Wills (samanthawills.com). **Necklace:** \$129, Mimco (mimco.com.au). **Tassel bracelet:** \$40; **plaited bracelet:** \$45 for set, both Kookai (kookai.com.au). **Bag:** \$439, Deadly Ponies (deadlyponies.com).

OPPOSITE PAGE

Top: \$149.95, Finders Keepers (finderskeepersthe label.com.au). **Skirt:** \$280, Sir (sirthe label.com). **Earrings:** \$132, Sollis (sollisjewellery.com). **Necklace:** \$129.95, Nat Kent (natkent.com.au). **Rings:** from \$59 each, Samantha Wills (samanthawills.com).





Top: \$129, Country Road (countryroad.com.au).
Skirt: \$290, Jennifer Kate (jenniferkate.com.au). **Scarf:** \$235, Orotan (orotan.com.au).
Earrings: \$69.95, Nat Kent (natkent.com.au).
Cuff: right arm \$40; left arm from top \$40; \$30; \$30 for set, all Kookai (kookai.com.au). **Ring:** \$89, Samantha Wills (samanthawills.com).
Clutch: \$14.95, H&M (hm.com/au).

OPPOSITE PAGE

Top: \$285, Jennifer Kate (jenniferkate.net.au).
Skirt: \$259, Wild Horses (wildhorseslabel.com.au). **Fringed skirt:** worn underneath \$199.95, Keepsake (keepsakethe label.com.au). **Scarf:** \$139, Marimekko (02 9299 0372). **Gold necklace:** \$50; **tassel necklace:** \$60, both Kookai (kookai.com.au).
Bracelets: \$45.95 each, Cynics (wearecynics.com).



Dress: \$380, Stevie May (steviemay.com.au).
Scarf: *around waist* \$295, Oroton (oroton.com.au). **Shoes:** \$180, Kookai (kookai.com.au).
Earrings: \$69.95, Country Road (countryroad.com.au).
Feather necklace: \$74.95, Cynics (wearecynics.com). **Gold necklace:** \$149 for set, Mimco (mimco.com.au).

OPPOSITE PAGE

Dress: \$380, Alice McCall (alicemccall.com). **Shoes:** \$199.95, Wittner (wittner.com.au). **Scarf:** \$99.99, Sportscraft (sportscraft.com.au). **Necklaces:** \$249 each, Canan (canancollection.com).
Arm bands: \$40 for set, Kookai (kookai.com.au).
Bag: \$439, Deadly Ponies (deadlyponies.com).






Hair and makeup by
Budi Juspandi using
Bobbi Brown and
Oribe Hair Care.
Model: Lise Olsen/IMG.
Thank you to South
African Tourism
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VIBES — LIKE — THIS

*Those sun-on-skin, sand-
between-the-toes feels*

STYLING BY CHARLOTTA BACKLUND
PHOTOGRAPHY BY KANE SKENNAR





Top: \$150, By Johnny (byjohnny.com.au). **Bikini set:** \$205, Auqua (auquaswimwear.com). **Necklace:** \$14.95 for set, H&M (hm.com/au). **Bumbag:** \$39.99 Lorna Jane (lornajane.com.au). **Jewellery tattoos:** worn throughout \$19.99 for set, Wonderstripes (wonderstripes.com.au).

OPPOSITE PAGE
Bikini set: \$97, Triangl (australia.triangl.com). **Sunglasses:** \$270, Sunday Somewhere (sundaysomewhere.com). **Bag:** \$299, State of Escape (stateofescape.com.au). **Bracelets:** \$89 each, Zowie (zowieaccessories.com).



Rashie: \$139.95, Seafolly
(seafolly.com.au). **Bikini**
top: \$79.95; **bottoms:**
\$59.95, both Midnight Swim
(midnightswimwear.com).
Bracelets: \$89 each, Zowie
(zowieaccessories.com).

OPPOSITE PAGE
Swimsuit: \$99.99, Roxy
(roxyaustralia.com.au).
Necklace: \$129, Zowie
(zowieaccessories.com).



BEAUTY NOTE

High-rise swimmers look best with flawless skin, but don't send yourself into a spiral. Fake it till you make it with a gradual tanner. Try Palmer's Cocoa Butter Formula Natural Bronze Body Lotion, \$9.99.





Top: \$49.99; **bikini bottoms:** \$39.99, both Roxy (roxyaustralia.com.au). **Necklace:** \$14.95 for set, H&M (hm.com/au).

OPPOSITE PAGE

Bikini top: \$19.95; **bottoms:** \$14.95, both H&M (hm.com/au). **Sunglasses:** \$69.95, Le Specs (lespecs.com). **Bumbag:** \$28, American Apparel (americanapparel.com.au). **Cuff:** \$163, Coordinates Collection (coordinatescollection.com.au).

Jacket: \$149.99; **bikini bottoms:** \$35.99, both Roxy (roxyaustralia.com.au).
Necklace: \$129, Zowie (zowieaccessories.com).

OPPOSITE PAGE

Bikini: \$160, Alice McCall (alicemccall.com). **Wetsuit:** \$230, Duskii (duskii.com).
Bag: \$299, State of Escape (stateofescape.com.au).
Bangle: \$14.95 for set, H&M (hm.com/au).

Hair and makeup by Natalia Sprem using **MAC Cosmetics**. **Model:** Gabrielle/Vivien's. The *Cosmo* crew travelled with Busabout. For more info head to busabout.com.





HERE COME

THE HOLIDAYS

Dress: \$149.95,
Jag (jag.com.au).
Earrings: \$59.95,
Country Road
(countryroad.com.au). Belt: \$15,
Supré (supre.com.au). Bracelet: \$40,
Kookai (kookai.com.au).

Hardest
part's sorted
with *Cosmo's*
handy guide
to packing

STYLING BY CASSIE LONGWORTH. STILL-LIFE PHOTOGRAPHY BY CHRIS JANSEN/BAUER. JAMES EVANS/BAUER, RODNEY MACUJA/BAUER, SPLASH NEWS



\$49.95, Seafolly
(seafolly.com.au)



Playsuit: \$550,
Zimmermann
(zimmermannwear.com). Belt: \$15, Supré
(supre.com.au)



\$79.95, Mimco
(mimco.com.au)



\$74, Asos
(asos.com/au)



\$69.95,
Le Specs
(lespecs.com)



\$159, Suboo
(suboo.com.au)



\$29.95, Sportsgirl
(sportsgirl.com.au)

TIP:
This playsuit
is perfect for
beach-to-bar
outings.

BEACHSIDE BOHO

Flowy dresses and sandals:
made for days in the sun



\$199, Maurie & Eve
(maurieandeve.com)



Beyoncé



Louise
Roe



\$179.95, Ministry of
Style (ministryof
style.com.au)



\$129.95,
Lulu & Rose
(02 9256 8450)



\$70, River Island
(au.riverisland.com)



\$189, Samantha Wills
(samanthawills.com)



\$380, Shona Joy
(shonajoy.com.au)



\$64, Asos
(asos.com/au)



\$79, Samantha Wills
(samanthawills.com)



Jacket: \$109.95,
Sportsgirl (sportsgirl.
com.au). Playsuit: \$149,
Suboo (suboo.com.au).
Necklace: \$59.95,
Country Road
(countryroad.com.au).
Belt: \$25, Next
(nextdirect.com).

\$199.95, Witchery
(witchery.com.au)

\$39.95, Zara
(02 9376 7600)

\$149, Nobody
Denim (nobody.
com.au)

\$116, Next
(nextdirect.com)

\$79.95, Local Supply
(localsupply.com)

\$59.95, Zara
(02 9376 7600)

CAMPING TRIP

Dress chic but practical
and you'll be ready for
any adventure

\$79, Lack
of Color
(lackofcolor.
com.au)

\$260, Sunday
Somewhere
(sundaysomewhere.com)

\$220, Code
Love (codelove.
com.au)

\$99.95, Bluejuice
(seduce.com.au)

\$129.95, Interval
(02 9256 8450)

Bikini top: \$115;
bottoms: \$69.95,
Jets (jets.com.au)

\$199.90,
Ice Watch
(au.
ice-watch.
com)

\$159, Samantha Wills
(samanthawills.com)

TIP:

This belt keeps
your pants up
and holds your
bits 'n' pieces.

\$24.95, Sportsgirl
(sportsgirl.com.au)



Dress: \$102, Asos
(asos.com/au).
Sunglasses: \$19.95,
Colette by Colette
Hayman (colettehayman.
com.au). Bangles: \$69.95 each, Liberté
(liberte.com.au).
Bag: \$229, Mimco
(mimco.com.au).





\$79, Peter Lang
(peterlang.com.au)



\$20, Supré
(supre.com.au)



\$250, Kate Spade
(02 9540 0500)



\$149.95, Finders
Keepers
(finderskeepers
thelabel.com.au)



\$450, Zimmermann
(zimmermannwear.com)



\$149.95, C/meo Collective
(cmeocollective.com)

\$499, Ginger & Smart
(gingerandsmart.com)



\$69.99, Lulu & Rose
(02 9256 8450)

CITY SLICKING

Get ready for some
late nights and even
later mornings



\$73.50, Missguided
(missguidedau.com)



\$229, Mimco
(mimco.com.au)



\$29.95, Rubi
(rubishoes.com)



Kim
Kardashian



\$159.95, Finders
Keepers (finderskeepers
thelabel.com.au)

TIP:

Always pack an
LBD on a city
getaway. Just
in case.



Olivia
Palermo



\$220, Bec & Bridge
(becandbridge.com.au)



\$199.95, Sol Sana
(sol-sana.com.au)



\$89.95, Liberté
(liberte.com.au)

TICK TOCK, *IT'S
BEACH*



O'CLOCK



**PICKED NETFLIX OVER
SUMMER BEAUTY PREP?
WE'VE GOT YOUR BACK**



FIRM UP

LET'S BE REAL – CELLULITE ISN'T PICKY. MODELS GET IT. CELEBRITIES GET IT. WE GET IT. YOU WON'T GET RID OF THE DIMPLES ENTIRELY (SOZ ABOUT THAT) BUT YOU CAN IMPROVE ITS APPEARANCE. HERE'S HOW.

DRY BODY BRUSH: It's the oldest trick in the book *because* it works. "Go over your problem areas three times in a clockwise circular motion," says celeb skin and body guru Nichola Joss.

MASSAGE: Really work body lotion or oil into your skin to boost your circulation. "Massage towards the heart to increase blood flow and allow toxins to be drained and expelled easier," says Joss.

DETOX: Spread a thick layer of a detoxifying face mask over thighs to draw out toxins – no green juice required. Try Sanctuary Spa 5 Minute Thermal Detox Mask, \$19.95.

CUT OUT COFFEE: Unless it's applied topically in the form of a scrub, in which case go right ahead and rub-a-dub-dub. Caffeine helps to tighten the skin, making it cellulite's number one enemy. Use it two to three times a week for best results.



frank body
Original Body
Scrub, \$14.95



Manicare Dry Body
Brush, \$15.95

Palmer's Coconut
Oil Formula Body
Oil, \$9.99



COLOUR by TBN Nail
Polish in Athens Aqua,
Parisian Pink and Orlando
Orchid, \$2.50 each

HAPPY FEET

Sand works as a great, natural exfoliator for smoothing out your soles, but if you have any stubborn spots of hard skin, buff them away with a foot file. Using a foot cream at night will also help. And of course a bright pedi is the perfect way to accessorise tanned toes! Finish with a gel-effect top coat to stop the sun from dulling your polish.



KORA Organics by
Miranda Kerr
Rejuvenating Foot
Balm, \$24.95

FACE TIME

Don't faff around with a full face of makeup when it's hot. Start with SPF 50+ then add tinted moisturiser, waterproof mascara and lipstick as a stain *and* a blusher. How? Layer it on the back of your hand and use your finger to press it into your lips and cheeks, and use a different finger to blend and buff for a nice, natural flush. Too easy. We know you've heard it before, but taking off your makeup at night is super-essential in summer. All that sunscreen and sweat can lead to clogged pores. A face scrub (used two to three times a week) will also help keep breakouts at bay. Phew!



W7 Super Tint Tinted Moisturiser from Chemist Warehouse, \$4.99

W7 Full Colour Lipstick in Sandy Lane from Chemist Warehouse, \$4.99



frank body Creamy Face Scrub, \$19.95



Palmer's Cocoa Butter Formula Ultra Gentle Facial Cleansing Oil, \$14.99

HOLIDAY HAIR

HOW TO BE THE *HAIR-RAISING-GIRL* EMOJI WHEN IT'S ABOUT A GAZILLION DEGREES OUTSIDE.

PREP: It's so simple, but brush your hair. (Use a wide-toothed comb if you've got curls.) We're all guilty of skipping this step, but it helps with tangles later in the day. Chuck on a hat to protect your hair and keep your colour vibrant. A wide-brimmed one that shields your face gets extra brownie points.

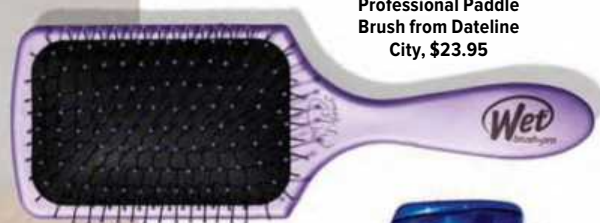
PLAY: If you're taking a dip, wet your hair under a shower (or with some bottled water) first. It will absorb less chlorine and salt that way – both can wreak havoc on your hair. Take a mini conditioner with you and apply it after your swim. It acts like a barrier against frizz and UV damage. Sweet!

PM: Rinse your hair really well and use a strengthening shampoo and nourishing mask, brushing out any knots while the mask is on. Your hair is weakest when it's wet so you should only ever brush it out when you've got conditioner or a mask on.

**AVOID
ALCOHOL-BASED
HAIRSPRAY IN
SUMMER.**

IT'S DRYING AND YOUR HAIR IS ALREADY PARCHED. TRY YAROK FEED YOUR HOLD HAIR SPRAY FROM NOURISHED LIFE, \$32.95.

Wet Brush-Pro Detangle Professional Paddle Brush from Dateline City, \$23.95



head & shoulders Thick & Strong Shampoo, \$12.49



Scünci Brushology Prepare Detangling Comb, \$5.95





STYLING BY NICOLE ADOLPHE. PHOTOGRAPHY BY KANE SKENAR. HAIR AND MAKEUP BY NATALIA SPREM. MODEL: JESSICA/ICE MODELS. THE COSMO CREW TRAVELLED WITH BUSABOUT (FOR MORE INFO HEAD TO BUSABOUT.COM). MODEL WEARS HAT: \$79.95, FIONA POWELL (KASMODESIGN.COM.AU)

TURBO TANS

LIKE SPANX, FAKE TAN HIDES ALL MANNER OF SINS. MEET THE NEW ONES SHAKING THINGS UP.

ALMOST-INSTANT GRATIFICATION:

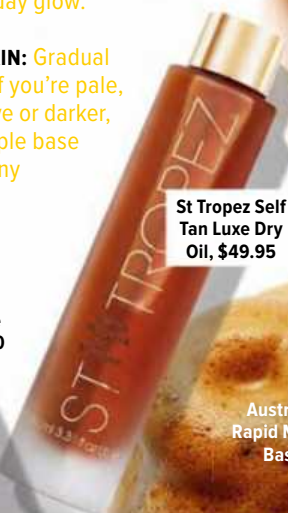
Go for ModelCo One Hour Tan Mousse Express Dark, \$20, if you want to look golden pronto. Avoid wash-off formulas; they'll streak in the heat.

ULTRA LONG-LASTING: If you want your tan to take on humidity (and win) opt for a dry tanning oil such as St Tropez Self Tan Luxe Dry Oil, \$49.95, which promises a 10-day glow.

FOR DARKER SKIN: Gradual tans are great if you're pale, but if you're olive or darker, you need a purple base to counteract any orange tones.



ModelCo One Hour Tan Mousse Express Dark, \$20



St Tropez Self Tan Luxe Dry Oil, \$49.95



Australis Tanning Rapid Mousse Purple Base, \$22.99

FIGHT THE FUZZ

NOT SURE WHICH METHOD IS FOR YOU? LET'S WEIGH UP YOUR OPTIONS.



Nair Sensitive Hair Removal Cream Face & Body, \$6.29

BIC Soleil Glow Razor, \$8.25 for 3

► Shaving

PROS: Quick, easy and your skin feels baby-soft.
CONS: Smoothness can be short-lived and shaving rash is a bitch.

► Waxing

PROS: Removes hair from the root so you're fuzz-free for longer.
CONS: Ouch factor. Plus, you have to let your hair grow to 0.5cm.

► Removal cream

PROS: Cheap – and they no longer smell gross!
CONS: Can be messy and you can't use them if you have a cut or graze.

► Laser

PROS: This is the longest lasting choice by far (in some cases hair never comes back).
CONS: Expensive and it makes skin photosensitive so summer probably isn't the best time to do it.

Sarah Macrae



iPad, iPhone,
Android, Google,
Samsung, Laptops,
Desktop computers,
Windows Phones
& tablets



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**HOLDEN'S SLEEK
CASCADA WAS
ON SITE DURING
THE WEEKEND FOR
GUESTS TO CHECK
OUT AND TAKE
PHOTOS WITH.**



**HEALTH &
WELLBEING**
weekend



**THOSE WHO PUT
UP PICS OF THE
CASCADA ON
INSTAGRAM WENT
INTO THE DRAW
TO WIN A \$4,000
PAMPER PACK!**

WELLNESS WARRIORS

We came, we saw, we stretched. Thanks to diamond sponsor Holden, we let life in through working out.

The recent Health & Wellbeing Weekend saw us channel the high energy of Holden's Cascada – a sleek, soft-top convertible with some serious get-up-and-go. On Day One, during a fast and upbeat Xtend Barre session, we worked muscles that we didn't even know we had. And Day Two? A refreshing mid-morning yoga class with Sydney-based hatha and vinyasa instructor Sophie Palmer.

HOLDEN



LOVE & TRUST

COSMO'S SEXY HOLIDAY COUNTDOWN

This season is about to get a whole lot merrier, if you know what we mean (and we think you do). Our sex-vent calendar delivers 24 days of hotness ➡

1

Put an elf on the shelf

Whether you are solo or with a partner, get your inner voyeur on: imagine that someone hot (any Hemsworth works!) is watching as you do dirty things.



6

Have yourself a merry little XXXmas too

Lie back and make your Christmas carnal with The Womaniser – an external vibe with gentle suction power that simulates oral sex. It. Is. Amazing.

\$244.95
(wildsecrets.com.au)

2

Bail on your bed

In your living room, dim the lights – leaving only the glow of the Christmas tree – and take the action to the sofa. (As long as Aunt Jane isn't snoring on it.)

3

Wrap yourself

While running a quick errand together, reveal a secret: you're wearing no knickers underneath your floaty cotton dress.

Dress? More like gift wrapping just for him!

4

Play Secret Sex Santa

Buy each other a saucy gift that fulfils your respective fantasies, like thigh-high stockings for you and a nice tie (which easily doubles as a blindfold) for him.

5

All together now: five golden rings!

Looping any of these around the base of his shaft is a present for both of you. He'll get (and stay) super-hard, and you'll just love the vibrating versions.



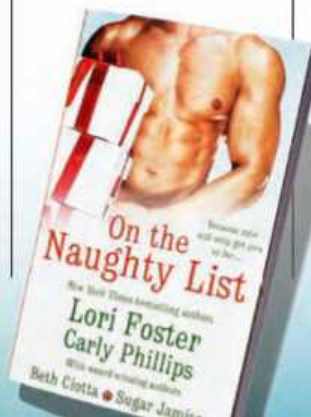
Ringo Erection Rings, \$14.13* (adameve.com). Lelo Tor 2, \$134.96 (wildsecrets.com.au)

Jimmyjane Iconic Ring, \$39 (blacklabelsextoys.com.au)

7

Curl up in front of the fireplace

Turn yourself on with *On the Naughty List*, a collection of sexy stories, from mistletoe mix-ups to an epic romance. Each one is hotter than a steaming cup of hot chocolate.



8

Try this naughty move

As he lies on his back, hop on top of him, lowering yourself until your pelvic bones press together. Then prop yourself up with both arms on one side of his head so you're slightly sideways, and rock back and forth. Not only will your clit get some play, but the slightly tilted angle will also have you feeling every inch of his North Pole, no matter his size.

9

Light his candle!

Burn a massage candle until it melts, and then carefully (!) brush oil on his chest and back, massaging it in gently as you go.

\$22.72* (babeland.com)



Wait... what?
Who put
mistletoe
here?!

10 Explore Candy Cane Lane

Suck on a candy cane, then trace the edge of the head of his penis with your tongue. The peppermint-y sensation will make him tingle all over.

11 Hang some mistletoe...

(So PG-13)...
in the shower
(JK, rated R!).

12

Make the stroke of midnight count

Try edging, aka “extended release” orgasm, by taking him in your mouth or starting him off with a handjob about half an hour before the clock strikes midnight but then stopping whenever he gets close. Just like kids sneaking down to open up their gifts, don’t let him finish until 12:01. ♦♦

The moment you
reveal you're
wearing nothing
underneath...



WORDS BY ANNA BRESLAW. PHOTOGRAPHY BY BETH STUENKBERG/THIELICENSINGPROJECT.COM. STYLING BY SABRINA GRANDE. THINKSTOCK

13

Write an X-rated wish list.

Type out a steamy scene starring you and your guy, and slip it into his coat pocket while he's asleep. He'll find it the next am and melt like Frosty.

14

Roast his chestnuts

When you're going down on him, try gently cupping his balls with your warm hands to enhance his good feels. Just don't take any cues from *The Nutcracker*, 'kay? That's so not cool.

15

Set the table

Perch on the edge of the kitchen counter, supported by your arms, and have him lift your bum into the air. Your pelvic-floor muscles will work just as hard as Santa's little elves for a massive finale.

16

Give and receive

The Ooh Her Name Is Rio set by Je Joue includes a motor that

fits into three attachments: a classic vibe, a pebble, and a cock ring (sold separately). Alone? Go for the vibe. If someone's guiding your sleigh tonight, hold the pebble against your clitoris during girl-on-top for a blissful ride.



\$149.95,
(mimideluxe.
com/au)



19

Wear red lingerie ('tis the season?)

Studies show that men report higher attraction to women when they're in red than any other colour.

Give him a peek of your red-hot panties before you step out to dinner and watch how quickly he eats to get outta that restaurant.

20

Light his Yule log

Have him sit on the bed with his legs straight out in front of him. Facing away from him, kneel in front of him and place one leg on either side of his body, so your booty is in his lap and your head is near his feet.

In this modification of doggie-style, you control the action – and he'll last as long as that fireplace video on every TV channel.

21

Go a-carolling!

Because getting it on to *Away in a Manger* is just wrong, cue up Sharon Jones & the Dap-Kings' album, *It's a Holiday Soul Party*, and skip straight to their sultry version of *Please Come Home for Christmas*. (It's not just a clever name.)

18

Make your own Christmas crackers

Personalise your own cracker so that when you pull on it, it explodes with something you *really* want.

IF YOU WIN...

A PAPER HAT: You can leave your hat on... Channel your inner Magic Mike and bust out with a striptease. Tinsel boa optional.

MINI HANDCUFFS: Dig out your normal-sized pair (come on, we know you have one somewhere) and take the reigns, Santa-on-his-sleigh style.

CANDY LIPS: It's time to feast, and he's on the menu. There is just one rule for this dinner party: lips only.

22

Join in a reindeer game

Start in missionary. Now wind a winter scarf around your holiday hottie's upper torso and have him rear back on his knees.

By pulling the scarf tighter or giving it more slack, you can tailor the angle of penetration to your liking. On Dasher! On Prancer! On Dude!


23

Teach him the gingerbread graze

While he's touching you, have him use the pads (not tips) of his fingers on and around your clit. A flatter surface can deliver a sweeter O.

24

Get snug in your bed

After getting some all month, you'll realise you barely got any... quality sleep, that is. So just sleep in today and have some lazy, languid, back-to-basics morning sex! Merry Sex-mas, and to all a good night. 

17

Remember that good things come in small packages

Ask for Mrs Claus's best friend: a bullet vibe (but a quiet one, so if family is over, you're guaranteed a silent night).



Capricorn

The cool Capricorn dislikes anything tacky or frivolous and seeks out small moments of luxury in each day that make him feel like royalty. On your next date night, spring for a nice bottle of sparkling wine at a fancy eatery as the prelude to a night of passion. When you're alone again, turn on the slow jams, climb on top, and show him who reigns supreme!



Aquarius

He's usually up for anything, but sometimes he can be a picky prince. Give in a little and spoil him with some options: Dress up for a night of dancing or dress up in kinky costumes at home? Football and beer at your favourite bar or one-on-one fantasy sharing? Whatever choice is made, keep communicating so you get the best of each other's world.



Pisces

He's a dreamer and a cuddle bug who absolutely loves pampering others and being pampered in return. Match his stroke with a few of your own while blindfolding him and keeping his wrists lightly bound with a silk scarf. Only your hands are allowed! When the two of you finally come up for air, stream an indie flick or documentary in bed that provokes some thoughtful pillow talk until you peacefully drift off. Ah... bliss.



Aries

You don't have to drop hints with an Aries. Bold, brash come-ons get his juices flowing, so surprise him with frisky forays. He won't know what hit him if you show up for date night wearing nothing under your coat but a confidence-boosting, barely-there nightie. No need to spend too much on it – it is unlikely you'll have it on very long if he has anything to say about it.



Taurus

A keenly sensual sign, your Taurus loves scents like a little musky perfume behind your ear. Threads like soft cashmere pyjamas will drive him wild – especially when you tell him to strip them off and slip between your silk sheets. Give him a little taste and then dribble warm fudge someplace strategic. Which he'll just have to lick up, of course.



Gemini

Geminis' minds are always lit up, and they are highly verbal, so titillate him with creative, naughty texts. He'll be hooked, and his replies will sizzle. Try sending him on a sexy scavenger hunt to find you with Snapchat pictures of lingerie leading to your bedroom. After the mutual ravishing, indulge in some meaningful, share-your-dreams talk that will take you from casual to close just like that.

STAR SEDUCTION STAR

WHAT TURNS
HIM ON IN
EVERY SENSE?
OUR SIGN-BY-
SIGN GUIDE
REVEALS HOW
TO MAKE YOUR
MAN WILD...
AND HAVE AN
EPIC TIME
YOURSELF



Cancer

Your Cancer man is so incredibly tactile he practically sees with his hands, so linger in bed with him for a massage and a long, cosy cuddle. When you finally emerge, go and splurge on a decadent brunch, complete with some bloody Mary's or bellinis someplace delicious. He loves fine food, but he'll love working off all those calories with you in bed more.



Leo

All about the visuals, your Leo mate can't help but ogle you, making every little glance an act of foreplay. Whether you're wearing gym attire or glammed up, keep his eye wandering in your direction with funky riffs on old staples like leggings with mesh inserts or a bodycon dress in an unexpected, fun colour. When you see how he looks at you as you strut your stuff, you'll be the one ready to pounce. Who's the lion now?



Virgo

He likes to look and feel put together without trying too hard. Appeal to his clean aesthetic with treats like organic cotton sheets or a big, healthy dinner made with steaks from the farmers' markets. Remember, he's not *all* basics. He may be really into clean eating and living, but he's always down to get dirty in bed!



Libra

Your Libra lover is always on a quest to discover what gets your mojo going from head to toe. So choose thoughtful gestures that show you pay just as much attention to him. Wear a scent he's complimented in the past, take him to see an exhibit he's expressed interest in, and maybe offer to re-enact a sexy scene or two from his favourite *Bond* film. Double ohhh...



Scorpio

As far as your Scorpio is concerned, the five senses include touch, touch, touch, touch and, oh yeah, touch. Exchanging physical gestures – both public and private – is how he gives and receives the intimacy he so craves. Keep the love flowing by holding hands during walks, running your finger down his leg at the movies, and playing a little footsie under the table at dinner. When you get him home, be even *more* touchy-feely.



Sagittarius

Your Sagittarius loves to mix it up both in and out of the bedroom. Discussions about new ideas get his brain firing up, and physical activities (yes, that includes canoodling!) get him all revved up. Experiment with your dates, and visit a rock-climbing gym or take a salsa class that gets your hearts racing and the blood pumping. ■

TURN
TO PAGE 171
TO SEE WHAT
YOUR YEAR HOLDS
IN OUR STARS
SPECIAL.

**BOY MEETS GIRL,
BOY MARRIES
GIRL... GIRL PLANS
SEX-CATION TO
AMSTERDAM SO
THEY CAN HAVE A
LEGAL THREESOME.
YOU KNOW, THAT
OLD LOVE STORY**

**I HIRED A
HOOKER
WITH MY
HUSBAND**

IT'S 8PM ON A SUNDAY

night, and my husband, Matt*, and I are lying on a hotel bed in Amsterdam. I'm wearing a see-through top, a schoolgirl skirt, and knee-high socks. He's in a button-up shirt and chinos. Both of us are watching the clock, nervous. Any minute now, Dita, the high-end escort we met online, will arrive.

I never dreamt that I'd be a sex tourist, let alone the kind who hires hookers with her husband. I was a bit of a wild child in my early twenties, but by the time Matt and I got together, I was done sowing my wild lady-oats. With Matt, I didn't miss my bisexual past of threesomes and more-somes; we had great sex, just the two of us. But one drunken night after a holiday party, we ended up in the champagne room of a strip club and things got way raunchy way fast. We wanted more, but we quickly learnt why single women seeking married couples are known as unicorns: they barely exist! Most of the "women" on adult dating sites were really couples, and I simply didn't want to bone another dude. We were committed to a hot, no-strings encounter with a sexy lady... no compromises.

Since we tend to outsource everything from pet sitting to pedicures, we figured why not hire a professional for our sex lives? Our research led us to Amsterdam, where prostitution is legal and sex workers are allowed to unionise. (Because you know what's so *not* hot? Human trafficking.)

After browsing dozens of NSFW websites, we landed on Dita, an independent escort and porn actress who claimed she enjoyed "the company of charming gentlemen, epicurean

couples, and women to share moments of complicity." She also charged 1000 euros (about \$1560) for two hours. But hey, we were only going to do this once, right? Over email, we set up an appointment and went over the particulars (time, place and Dita's outfit: schoolgirl, please), because #YOLO.

Then before our trip, the impossible happened: we found a unicorn. Ella, an old friend-with-benefits from my wild-child days, messaged me out of the blue, and I told her about our quest over a glass of wine. Next thing I knew, she was over for dinner, and let's just say that Matt's famous linguine wasn't the only thing that got eaten that night. Threesomes with Ella became a regular thing, but we decided to honour our appointment with Dita. You know... for science.

A couple of weeks later, at 8:06pm in our Amsterdam hotel, Dita arrives. "You're gorgeous!" she cries, hurrying past Matt to me (and earning instant brownie points). She is beautiful: tall and slender with sparkling eyes and cheekbones that could cut ice. She removes her coat to reveal a skirt that matches mine and a skimpy shirt hugging fake tits that are as gravity-defying as ripe coconuts clinging to a palm tree. After discreetly pocketing the pile of bills on the dresser, she sends Matt off to undress. Then she turns to me.

"So what are your boundaries for tonight?" she asks in a Slavic accent. "Is there anything that will make you feel uncomfortable?"

Matt and I talked about this, of course. I've told him about the times I got jealous during past threesomes, and he has reassured me, saying,

"We don't have to do this. It's just a fantasy. Your feelings are more important." Knowing that Matt will always put my heart before his cock makes me bold enough to tell Dita that anything goes.

When Matt returns, fully naked and a little bashful, she empties her backpack onto the bed. It looks like the entire inventory of a sex shop: a dozen vibrators, butt plugs and anal beads, a syringe (!) filled with lube, a leather harness with two sizes of strap-ons, and even a fluffy foxtail. The foxtail, it turns out, attaches to a butt plug. She lubes it up and works it into her arse, then prances around the room in her six-inch stilettos, purring and preening. Colour us impressed.

The next two hours are like being in a porno where Dita's both the star and director. She manoeuvres us into impossible-seeming positions and rolls out toy after toy, never breaking her naughty schoolgirl character. Matt and I high-five like frat bros as she takes both of us at the same time (me with her strap-on, he with his schlong – condom-clad, of course). Then, I'm the one getting double-teamed. As I'm riding her, she nestles a vibe against my clit.

Before I know it, we've been at it for more than an hour and I realise I should probably come, but I'm... well, overstimulated. It's as if I'm experiencing the whole thing as performance rather than as pleasure.

This is the fundamental difference between commercial and non-commercial sex, I realise. When we're with Ella, it's all about what feels good for all of us. Turning Ella on turns me on. It's not cinematic, but the way she smells and feels and sounds is what really sends me over the edge. Dita moans and writhes too, but she's not here so I can make her come (trust me, I try). She's here because it's her job. Her pleasure – like her enthusiasm and creative scenarios – is fake. Being with her is campy and fun, but it lacks the kind of



personal connection that makes sex feel really erotic.

I do eventually climax, using one of Dita's vibrators on myself while Matt f*cks her. Afterwards, we collapse on the bed and talk for a while before she packs up her bag of tricks and leaves. Later, Matt and I venture out as well. Even on a quiet winter night, there's always something going on in Amsterdam, and I want to find a souvenir for Ella before we leave.

→ YOUR GUIDE TO THE MALE BRAIN

manthracoo

THE HUSTLE

THREE WAYS TO SHOW HIM YOU'RE IN DEMAND

Ensure he sees you as "girl worth chasing" not "girl he takes for granted" with these moves from dating guru **Matthew Hussey**

Don't make him the main event until he's earned it

Your Friday and Saturday nights are sacred. When a new guy asks for a prime-time date early on, suggest drinks. If he sucks, you still have a night out with friends, and if he's great, your iCal is brimming – and that's a turn-on.

Admit that you get hit on

I once told a date, "I love what you're wearing!" She said: "Aw, thanks. I've gotten so many compliments on it. Yours means the most though!" She didn't need to tell me guys were hitting on her – my imagination just went there anyway.

Let him know your exes haven't totally moved on

It's powerful for a guy to know your exes have regrets. But be indirect. Say, "My friend is upset about a break-up. I told her he'll wind up trying to get her back. That's always been my experience." You'll get his attention.



Leonardo DiCaprio

Loves Leo's movies? He's nurturing big dreams. Worships the modelling? He's nurturing his big... you know.



Justin Timberlake

This super-confident bro cuts you off to crack jokes. He's entertaining, but don't let him block your shine.



Alec Baldwin

Homeboy can be a bit intense (political debates at breakfast?!) but he keeps you on your toes.

I LOVE YOU, MAN

DECODE HIS DUDE CRUSH

His preferred #MCM will clue you in to the guy he aspires to be... every day of the week



Louis C.K.

He's honest, hilarious and perfect... if you fantasise about lazy sex in a bed covered in Dorito dust.



Kanye West

Pro: Your boy is a sensitive, artistic savant. Con: No human being in history has ever taken himself more seriously.



Tom Brady

He's affable, sweet... and kinda basic. Maybe worth it for the snuggles, but don't expect scintillating conversations.



logy



FORECAST: LAZY

WHY DO GUYS... REFUSE TO CARRY UMBRELLAS?

Basically, if it doesn't fit in a pocket, it isn't coming with. Minimalist or lazy, you choose

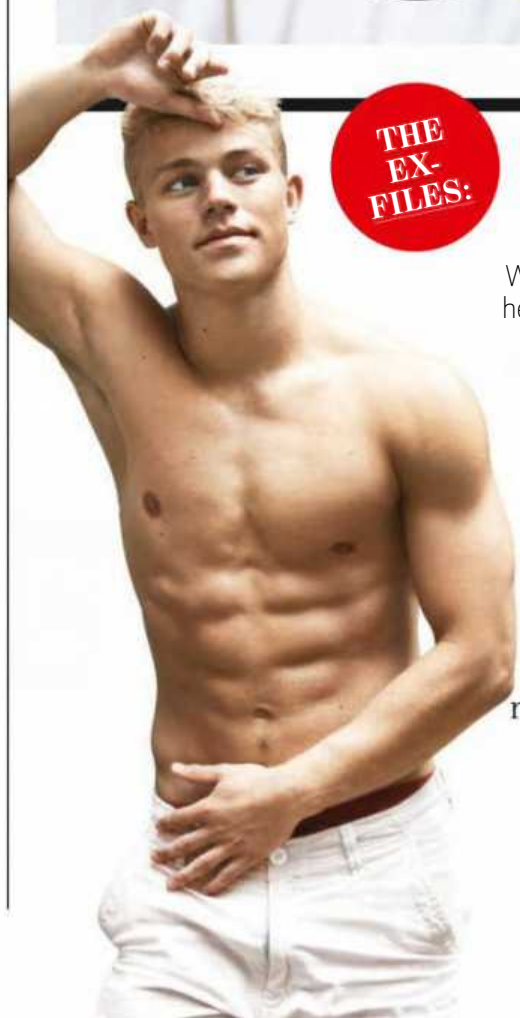
Here's the deal: We've checked one of the million weather apps, so yes, we know it's going to rain. And you know what? We're still leaving the umbrella at home.

To be honest, it feels a little man-purse-y to carry. We get by with carrying everything in our pockets, so are we really gonna break tradition for a dumpy black stick? Besides, umbrellas aren't foolproof. Gusty wind, which always accompanies a good rain, will turn the thing inside out, annoying us and leaving us soaked regardless. It's not that we prefer your hair wet (we might), and it's not that we prefer your blouse see-through (we do). But without an umbrella to schlep, our hands are free to hold open a door. And we'll never have the hassle of forgetting the damn thing.

But OK. Let's say that all hell has actually broken loose and the sidewalks look like bathtubs. Well, we can always squish under your umbrella. Right, sweetie?

53

THE PERCENTAGE OF DUDES WITH CATS WHO SAY THEIR PET KITTINY IS THE MOST IMPORTANT THING IN THEIR LIFE RIGHT NOW. CAT LADIES, STEP ASIDE. INTRODUCING THE CAT GENTLEMAN.



THE EX-FILES:

WHAT HE ACTUALLY THINKS ABOUT HIS EX

We ain't falling for the "I never think about her" BS again — but has he slept with her?

74% of women and 64% of men admit to **thinking about their ex** too much.

76% OF WOMEN AND 70% OF MEN HAVE DONE THE **GUILTY INTERNET SEARCH**.

50% of women and 40% of men say they **stalk their ex's Facebook** (or other online profile) waaaaay too often.

1 IN 3 PEOPLE HAVE **HAD EX-SEX** (1 IN 5 HAVE DONE SO MULTIPLE TIMES — EEEK!).

ask him any- thing

Is he thinking
about his ex
right now?

LOVE ADVICE
FROM OUR
GUY GURU,
LOGAN HILL

Q. I've been having amazing sex with this guy, but his apartment is a disgusting hovel. How do I get him to come only to my place without offending him?

A. Why be subtle when his mess is so obvious? Just tell him that you'd rather hang out at your place. If he asks why, don't be mean, but be clear: fact is, your apartment can pass a health inspection; his can't. Most guys probably won't take it personally. You're not trashing him, after all, you're just trashing his trashy apartment.

Q. I'M ABOUT TO MOVE IN WITH MY GUY, BUT IT'S FOR MONEY REASONS. HOW CAN I GET THROUGH IT WITH MINIMAL FIGHTS?

A. Get the practical stuff out of the way early. Since money is an issue, start there: how will you split the bills? Then move down the line: are you going to split household chores 50/50? The more stress you eliminate now, the more time you'll have to make out later.

Q. After a lot of talking, my ex and I are back together. But I've bad-mouthed him to all my friends. How do I get them back on board with my relationship?

A. Your friends have good reason to be protective: they don't want to see you get hurt again. Confront their doubts head on. Say: "I know I said he was the devil, but I was angry 'cos the breakup hurt so bad." Don't pretend that everything is OK, because your friends know nobody has a perfect relationship. Their feelings won't change because of what you say – they'll need to see you're happy.

Q. MY BOYFRIEND AND I HAVE A GREAT RELATIONSHIP, BUT HE'S CONFESSED THAT HE THINKS HE'LL ALWAYS BE PARTLY IN LOVE WITH HIS EX-WIFE. IS THAT A BAD SIGN?

A. It's not a great sign, but I wouldn't say it's a dead end. He may need more time or chose the wrong words. Many divorced guys have mixed feelings that are hard to express. It's good he's open with you, so just proceed with caution.

Q. I have a crush on this PT at my gym and I want to start flirting with her, but I feel clueless. How can I get her attention?

A. Remember that you're not the first person to crush on a trainer – and she's probably not supposed to flirt at work. Make some small talk and ask for some workout tips, but focus on getting her out of the gym (suggest she join you for a protein shake). Trainers aren't big on procrastinators, so be bold and just do it.

Ural

it burns when i wee



Razor blades, burning fire, constant need to wee – help me!

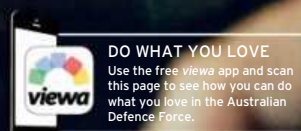
The most common UTI (urinary tract infection), cystitis, can be painful and hard to ignore. But don't worry, Ural can provide fast, effective relief from the burning symptoms of cystitis. So if you have a burning question, search for Ural or ask your healthcare practitioner.



LOVE TO KEEP LEARNING?

In the Australian Defence Force you can enhance your skills with ongoing access to opportunities to keep learning and progress your career. Everything from university education to trade courses and vehicle licences. What do you love? Tell us and we'll show how you can do it in the Australian Defence Force.

VISIT DEFENCEJOBS.GOV.AU/DOWHATyouLOVE



BODY LOVE



HOW TO SLEEP WITH SOMEONE AND ACTUALLY GET SOME SLEEP

The epic all night sex-athons are great and all, but now you need to figure out how to, you know, *sleep* with your new squeeze

1

SLEEP HOLDING HANDS

It's super-cute to spoon or sleep intertwined, but doing so will raise your core body temperature, meaning you'll be waking up hot and sweaty all night (and not in a good way). If you can't bear not to touch each other, hold hands or sleep back-to-back with your feet, backs or bums touching.

2

MINIMISE NOISE

Sleeping on your back makes snoring worse. Professor Dorothy Bruck, a sleep psychologist from the Sleep Health Foundation, suggests wedging a pillow under them so they can't roll over. If you have to nudge each other, make a rule that it's not two to three hours before the alarm – this is when it's hard to fall back asleep.

3

COMMUNICATE

If you're a light sleeper, tell your man. "He shouldn't be offended," says Professor Bruck. "And together you can come to a solution, like going to bed earlier. It's actually not uncommon to find perfectly happy couples sleeping in different beds because sleep is so important!"

4

DON'T WORRY ABOUT DROOLING...

Awkward sure, but if you stress about it, it will just keep you awake, warns Professor Bruck. If you sleep on your back, saliva will then pool at the back of your throat and cause an automatic swallowing action, which will prevent that pool on your pillow.

Harriet Farkash

JUST LIKE HOW YOU DON'T NOTICE THE TRAIN HURLING PAST YOUR HOUSE ANYMORE, YOU CAN DEFINITELY ADJUST TO A NEW BODY IN THE BED.



TRICKS
OF THE

SUPER PT

Want an A-list body without the hefty price tag?

We asked the world's top celebrity trainers to share their secrets

A pair of the latest Nikes or a pass to the trendiest new yoga gym used to be the ultimate status symbol for fitness fans. But not anymore – now the sign of superiority involves worshipping at the altar of a celebrity personal trainer. Because, as our love affair with exercise and all things health has grown, so has our total fascination with the gurus responsible for sculpting Hollywood's hottest bods. Being tagged in a gym selfie on Instagram with the likes of Miranda Kerr or Kim Kardashian means personal trainers to the stars are now becoming famous in their own right, with throngs of fans who are hanging on their every social media post. Getting time in the diaries of these world-famous PTs is hard for even the most well-connected VIPs, and with good reason – you don't get to star PT status by being simply mediocre at what you do.

Each trainer has crafted their own fitness philosophy while working with some super-famous (and some demanding!) clients, and now you can get an exclusive insight into their tactics. We've wedged our way into the jam-packed schedules of five highly in-demand PTs to glean a few expert tips. Your summer body – and your non-celeb-status bank balance – will thank us.

THE BEACH-CONFIDENCE COACH:

JAMES DUIGAN



James's clients have the most coveted bodies in the world: think Elle Macpherson and Rosie Huntington-Whiteley. The secret? It's simple: his "Bodyism" (bodyism.com) workouts sculpt lean, athletic bodies with moves that use your own bodyweight as resistance. Combine that with a "clean and lean" eating philosophy, or as James puts it, no "CRAP" – caffeine, refined sugar, alcohol and processed foods – and you're on the fast track to a model body.

James's moves

SAVE CARDIO FOR LAST

"You'll burn glycogen (sugar stored from food) while lifting weights, then your body will move into a deeper fat-blasting mode during cardio."

DO DISCO LUNGES

"They're a definite supermodel favourite – throw your arms up above your head as you lunge to work nearly every muscle in your body."

TRY TUBE WALKING

"Put a resistance band around your ankles and walk to the side for 20 steps. Put it around your knees and walk in a squat for 20 steps."



THE YOGA-BODY GURU:

MANDY INGBER



Gorgeous Hollywood goddesses Jennifer Aniston, Kate Beckinsale and Jennifer Lawrence all credit Mandy (mandyingber.com) with their fabulous figures. It's thanks to her innovative "Yogalosophy" method, which supercharges the traditional yoga poses to make them even more effective at top-to-toe slimming and toning. And we thought hot yoga was hard!

Mandy's moves

SIDE PLANK

"Lie on your side and balance on your right forearm and the outside of your right foot, with your hips lifted up for 30 seconds, and then switch to your left side to work your entire upper body and your obliques at the same time."

TRICEP DIP PULSE

"With your hands and feet on the floor, your body facing upwards and straight legs, do eight slow arm dips, then eight quick pulses, and then repeat the side plank move. It's a really great way to tone up your arms."

TEMPLE-PLIÉ SQUATS

"Stand in a deep plié squat with your knees bent, toes facing out and your thighs parallel to the floor. Hold for five breaths, and then do eight slow plié squats, then eight fast pulses. Hi, thighs!" ♦♦

THE QUICK-RESULTS QUEEN:

RAMONA BRAGANZA



Film sets aren't the easiest places for working out, so Ramona (ramonabraganza.com) devised her famous "3-2-1" method (with three 10-minute bursts of cardio, two 10-minute sets of toning moves and one 10-minute core session) for her movie star clients including Jessica Alba and Halle Berry. The clever workouts can be done anytime, anywhere.

Ramona's mantras

TURN UP THE INTENSITY

"Work slightly harder than your normal workout by setting the treadmill incline to 2 per cent, or running a bit faster – less time with the same results."

DO TWO-FOR-ONE

"Compound exercises, such as squats combined with bicep curls or lunges and shoulder raises, burn loads of calories quickly." Big effort, big results.

BREAK IT UP

"There's nothing wrong with doing five minutes of exercise here, 10 minutes there – it's the total time you spend on working out that matters in the end."



THE TOP-TO-TOE TONER:

HARLEY PASTERNAK



The mastermind behind the "5-factor" program (harleypasternak.com), Harley's celebrity clients include the super-honed Megan Fox and Katy Perry.

They follow a plan of just five 25-minute workouts a week, broken down into five five-minute sections, as well as eating five small meals a day, each with five ingredients – lean protein, healthy carbs, fibre, healthy fats and a calorie-free drink.

Harley's moves

SKATER LUNGES

"Start with your feet hip-width apart, then lunge your left leg back and across to the right (as if you're doing a curtsy) to work the outside of your bum and inner thighs."

SUPERMAN

"To target your love handles and strengthen your back, lie on your stomach and reach your left arm and right leg up toward the ceiling, keeping your belly flat on the ground. Lower, then switch sides."

LYING TRICEP EXTENSIONS

"Lie face up, holding a dumbbell above your face, with your elbows bent at 90 degrees. Lower the weight towards the floor behind your head, and back up for one rep."



THE PASSION INSTILLER:

JESS SCHURING



This powerhouse didn't become Kate Hudson's go-to London trainer by accident – Jess (heartcore.co.uk) has a serious passion for exercise and an enthusiastic training style that will make you fall head over heels in love with being active. She is all about helping her clients find the workouts that they love so much they'll never want to skip a day, from ballet and Pilates to TRX.

Jess's mantras

STAY POSITIVE

"Being upbeat will help you overcome obstacles during training. Keep your focus on how much you want to achieve your goal instead of how tough 'the moment' feels. It'll give you power to push that bit more."

FOCUS ON YOUR CORE

"Maintaining a strong core is a confidence booster – it works wonders for good posture, which studies have shown makes you more attractive and respected in the eyes of others."

DO WHAT YOU LOVE

"You only truly give it all when you are passionate about it. That logic can be applied to your job, relationship and your style of training. Find out what rocks your world. Motivation will soon follow."



Just add water
No need for shave gel



Now with Moisturising Ribbons that lather and moisturise during shaving. With Schick Intuition Pure Nourishment there's no need to use shave gel. It offers a unique experience that simplifies your shave and leaves your skin looking radiant. FREE YOUR SKIN.





Salads that will actually satisfy you

Not a soggy lettuce leaf in sight, we promise

FRIGGIN' AMAZING SALAD

FROM DAN CHURCHILL

- 3 garlic cloves, finely chopped
- 1 tbsp soy sauce
- 1 tbsp honey
- 600g boneless, skinless chicken breast, cut into 2cm pieces
- 2 big handfuls of rocket
- 1 big handful of baby spinach
- 6 sun-dried tomatoes, sliced
- 7cm by 1cm feta block, thinly sliced
- 1 tbsp olive/macadamia oil
- juice of ½ lemon
- handful of macadamia nuts (optional)

1. Mix garlic, soy sauce and honey until well combined. Add chicken and use your hands to coat it with the marinade; set aside. Marinate for a minimum of 30 minutes, but overnight is best.

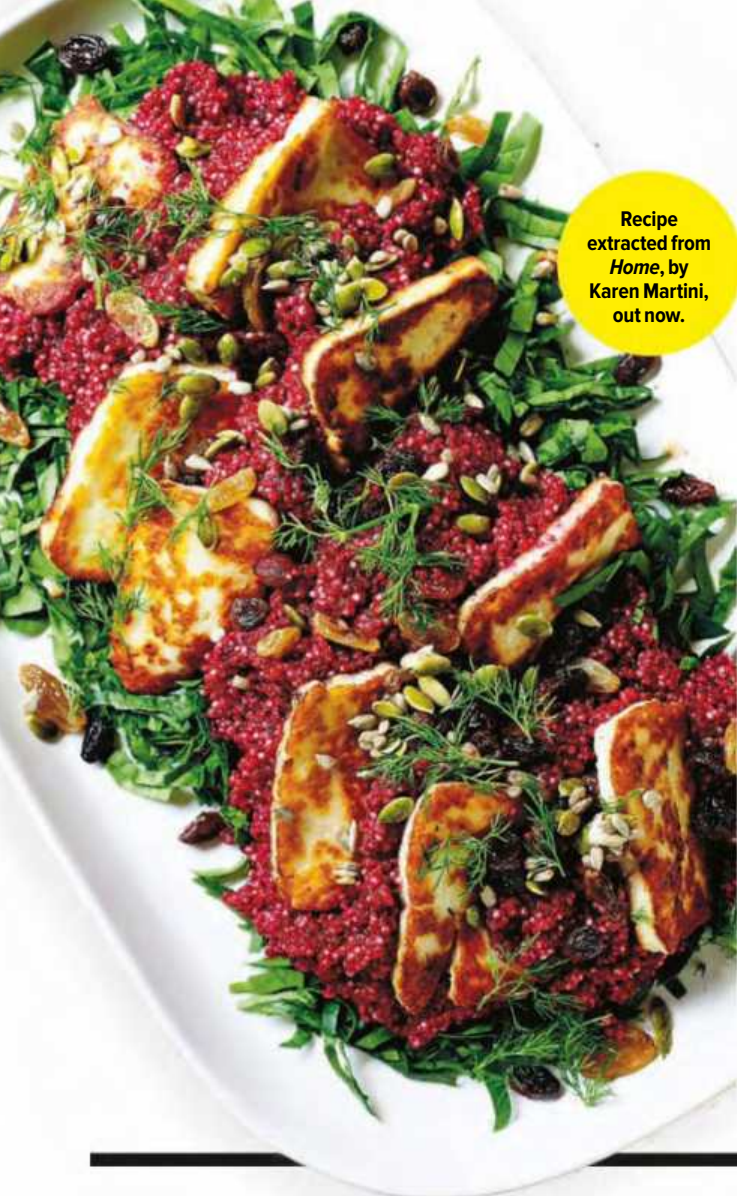
2. Toss together the rocket, spinach, sun-dried tomatoes and feta.

3. In a frying pan, heat the oil over medium to high heat. When it moves around the pan easily or starts smoking, add the chicken and cook for 6 mins, or until cooked through. (Cut through the centre of a piece, and if it's pink, cook it longer. It is perfect if the meat is quite squishy but white in the centre.) Pull it off the heat straightaway.

4. Add chicken and lemon juice to the rocket mixture and toss to combine. Serve as is or topped with macadamias.



Recipe extracted from *DudeFood*, by Dan Churchill, out now.



Recipe
extracted from
Home, by
Karen Martini,
out now.

BEETROOT, QUINOA AND SPINACH SALAD WITH HALOUMI, SULTANAS AND DILL

FROM KAREN MARTINI

- 2 large beetroots, trimmed and quartered
- 100ml extra virgin olive oil, plus extra
- salt flakes and freshly ground black pepper
- 300g white quinoa, washed
- 3 tbsp sultanas
- 120ml red wine vinegar
- juice of 1 lemon
- 1 large garlic clove, finely grated
- 2 tsp ground cumin
- 3 handfuls of baby spinach, finely shredded
- 1 × 250g packet of haloumi, cut into 8 slices
- 2 handfuls of dill fronds
- 3 tbsp sunflower seeds

1. Preheat the oven to 220°C (200°C fan-forced).

2. Place the beetroot on a double layer of foil. Drizzle over some oil, season with salt and pepper, wrap up and roast on a baking tray for 1–1½ hours until the beetroot is cooked. In the meantime, add the quinoa to a saucepan of boiling water and simmer for 10 minutes until cooked. Drain. Add the sultanas and 3 tablespoons of vinegar to a small saucepan, bring to the boil and take straight off the heat. Set aside. Unwrap the cooked beetroot, cool a little and slip off the skins. Add the flesh to the bowl of a food processor and blitz to a rough puree. Tip the puree into a sieve

and set aside to drain for 5 minutes (there is quite a lot of liquid in beetroot – the salad will be too wet otherwise).

3. Add the lemon juice, garlic, cumin, 100ml of oil and the remaining vinegar to a large bowl, season with salt and pepper and combine. Add the drained quinoa to the dressing and mix. Add the beetroot, combine and set aside for 5 mins. Place the shredded spinach on your serving platter and top with the beetroot mix. Pan-fry the slices of haloumi in a little oil in a large frying pan until golden brown. Drain briefly.

4. Arrange haloumi on top of the salad, scatter over sultanas, dill and seeds.

ROASTED PUMPKIN, OLIVE, AVOCADO AND ROCKET SALAD

FROM ELLA WOODWARD

- 1 large butternut pumpkin (about 1kg)
- olive oil
- 1 tbsp paprika
- 1 tbsp dried mixed herbs, like rosemary, thyme and oregano
- 2 bags of rocket (about 150g)
- 1 cup pitted olives (180g)
- 2 avocados

1. Preheat the oven to 200°C (180°C fan-forced).

2. Peel the butternut pumpkin, then slice it into bite-sized pieces.

3. Place the pieces into a baking tray and drizzle them with olive oil, salt and pepper, plus the paprika and dried herbs, mixing everything well to ensure it's all seasoned.

4. Bake the pumpkin for about 40

FOR THE DRESSING

- 1 tbsp tamari
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- salt and pepper

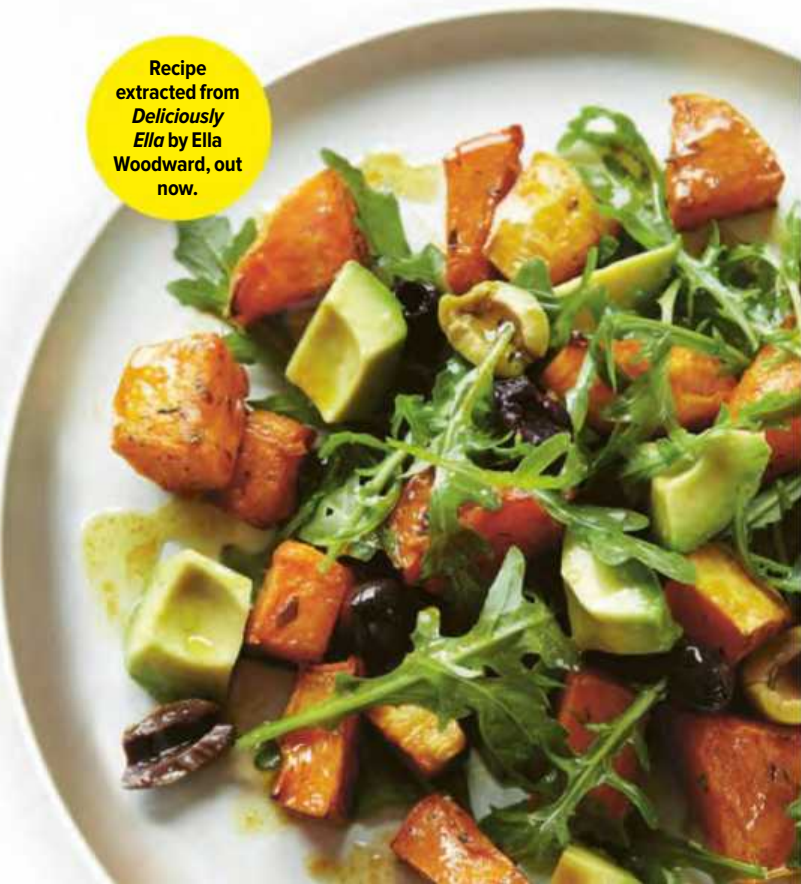
minutes. Once it's nice and soft, leave it to one side to cool.

FOR THE DRESSING

1. Mix all the ingredients together with a little salt and pepper, to taste.

2. Mix the rocket with the dressing and olives, before cutting the avocados into small cubes and adding them to the salad with the cooled pumpkin. ■

Recipe
extracted from
Deliciously Ella by Ella
Woodward, out
now.





THE NO-GYM DO-ANYWHERE WORKOUT

...designed by Flow Athletic's Ben Lucas for his wife, *Weekend Sunrise* newsreader Talitha Cummins. Grab a resistance band and take this fat-burning, strength-building workout anywhere!



BEGINNER?

Do the circuit three times, with 40 seconds rest in between exercises.

WANT A CHALLENGE?

Four rounds, 30 second rest.

I'M FIT!

Five rounds, 20 second rest.

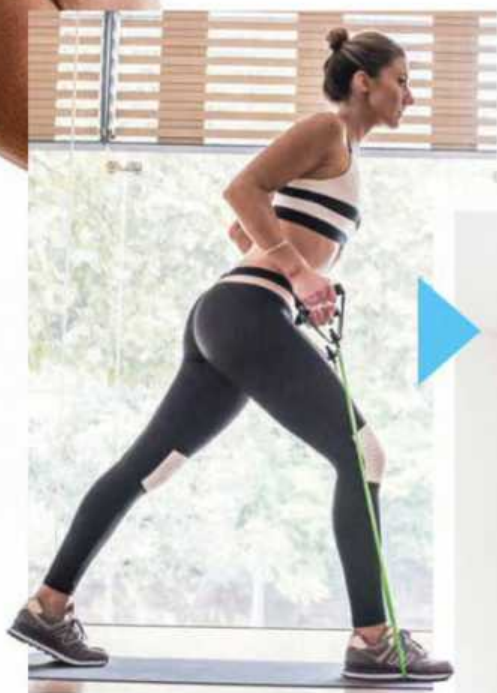
BEN'S TIP

SQUEEZE SHOULDER BLADES TOGETHER AND PUSH CHEST OUT WHILE LOWERING TO WORK TWO MAJOR MUSCLE GROUPS AT ONCE!

1 LUNGE CURL

Targets glutes, hamstrings, biceps.

★ Place centre of band under right foot. Take a big step back with left foot. Grip handles and lift, squeezing the biceps while lunging forwards. Do 12-15 reps. Repeat on other side.

**2 SHOULDER PRESS**

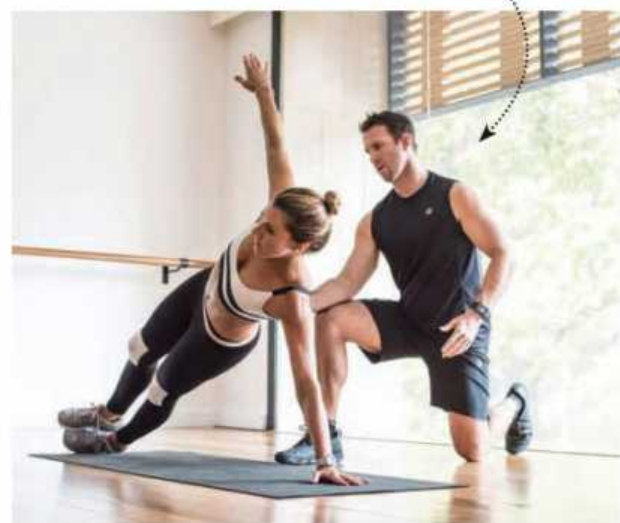
Targets shoulders, traps, triceps.

★ Stand on resistance band with one foot. Hold handles in front of shoulders. With palms facing away, extend the handles above head. Do 12-15 reps.

**3 SIDE PLANK**

Targets entire core.

★ Hold your body in a straight line from feet to head and push lower hip towards the ceiling. Keep your abdominals tightly squeezed and tailbone tucked in. Hold for 45 seconds. Repeat on other side. ➡➡





4 TRICEP KICKBACK

Targets triceps.

★Hold band with palms facing thighs. Step on middle of band with right foot. Bend over so chest is parallel with the floor. Extend arms back and try to straighten arms. Hold for two seconds. Repeat 12-15 times.



5 DONKEY KICK

Targets butt and outer thighs.

★Hook the centre of the band onto right shoe and place right palm on the other end.

★Keeping arms and back straight and abs tight, raise leg to ceiling, pointing the toe. Hold for two seconds.

★Slowly lower knee to ground. Repeat 12-15 times. Switch legs.

BEN'S TIP

THIS IS ONE OF THE BEST EXERCISES YOU CAN DO FOR YOUR CORE, BUT TECHNIQUE IS IMPORTANT. KEEP HIPS PUSHED FORWARD TO FULLY ENGAGE ABDOMINALS.





6 SIDE LATERAL RAISE

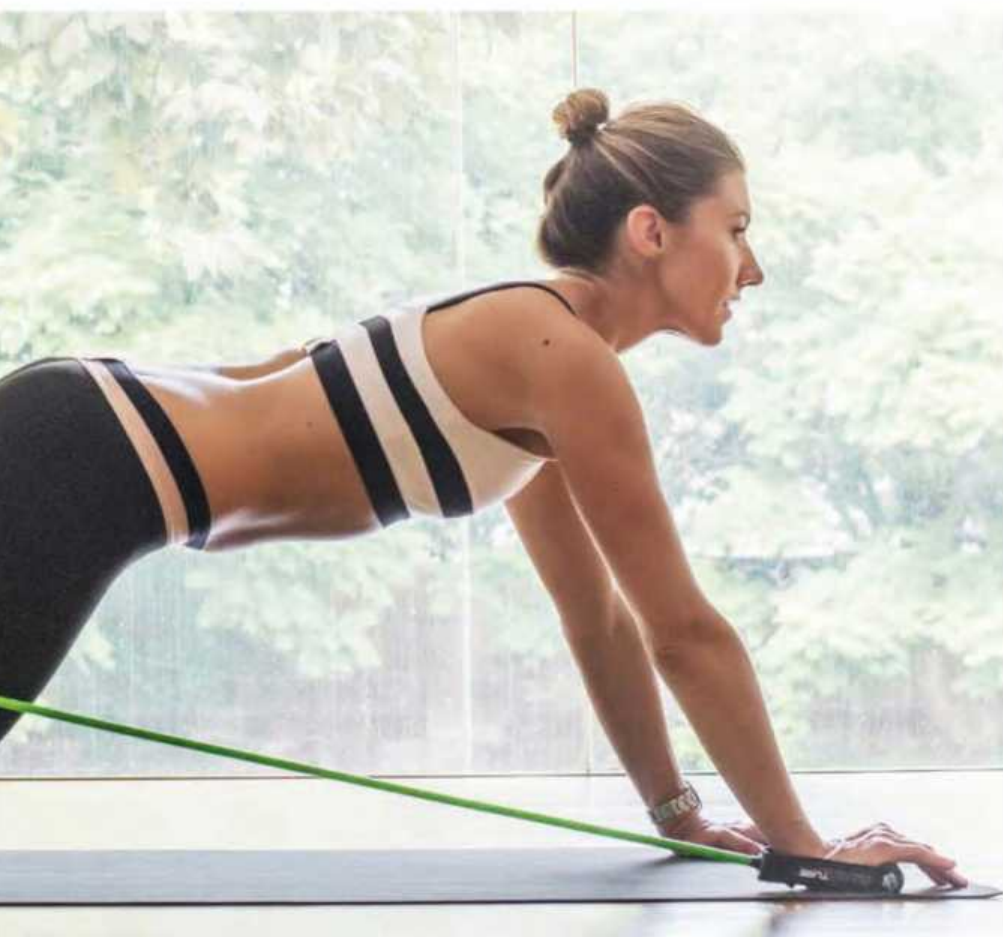
Targets shoulders.

★Stand on band with left foot, gripping handles with palms facing thighs.

★Squeeze shoulder blades together and lift arms until nearly parallel. Hold for two seconds before lowering. Repeat 12-15 times.

BEN'S TIP

SLIGHTLY TILT THE HANDS FORWARD AS YOU LIFT, JUST LIKE YOU'RE POURING A JUG OF WATER. THIS HELPS TARGET THE ENTIRE SHOULDER.



three simple steps to
SMOOTH SUMMER LEGS



STEP 1

Skin must be clean, dry and oil free.

STEP 2

Slip the mit on your hand and rub it all over your legs in a smooth circular motion. This action removes the hair and exfoliates dead skin cells. See instructions in pack.



STEP 3

When you've removed all the hair, gently wipe down your legs with a damp towel. The result? Pain-free, beautiful, silky smooth legs!

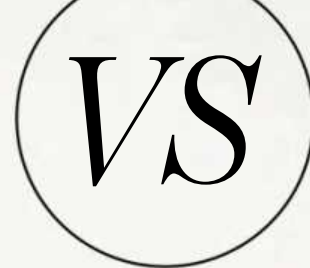


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SUMMER



—
Crop tops, pool parties, festival vibes and... thrush? Summer, we love you, but you can prove to be a pain down under! Here's how to safeguard your vajayjay from those summertime nasties



Sand in your swimmers can lead to uncomfortable scenarios.

YOUR VAGINA

A hhhh summer. The season of fun-filled frolics in the sea, cute frocks and romances. But that glowing feeling won't last long if you don't take a bit of extra care down *there*. Not to steal your sunshine, but the hot weather also leaves your vagina at an increased risk of infections, not to mention those dreaded ingrown hairs. *Cosmo* spoke to the experts to make sure nothing spoils your bright, sunshiny days – well, besides a killer hangover!

Yeast infection/ thrush

It's estimated that over 75 per cent of women will get thrush at least once in their lives, and the humidity of summer can create the perfect environment for that pesky yeast to grow. The most common symptoms are itching and a thick, white, cottage cheese-like discharge, which is odourless (if there is a fishy smell, it's most likely bacterial vaginosis, which is treated with antibiotics).

AVOID IT: Change out of your swimmers and gym clothes ASAP. Yes, the sun's out, so go splash about and go for that scenic run, but don't sit around in your wet cossie and sweaty tights afterwards. Also, wear cotton underwear because it keeps moisture away and lets air circulate around the vulva, while that sexy synthetic thong holds on to moisture, creating

an ideal place for bacteria and fungi to grow – and there's nothing sexy about that. Lastly, don't use perfumed hygiene products. No matter how very tempting it is to spritz yourself down there with a fresh scent, especially before that hot date, it can throw off the natural pH balance in the vagina. An even bigger no-no is douching. It can spread an infection to your cervix and uterus.

TREAT IT: You can get some anti-fungal creams and tablets over the counter, but if they're not helping, go see your doctor to rule out other causes.

Shaving rash and ingrown hairs

It's not so much that they get worse in summer, it's that you are shaving more frequently to make sure you're beach ready at all times. Also, even though that leopard print bikini makes your behind look amaze, tight-fitting swimwear can irritate shaving rash and ingrowns. No one wants an angry and inflamed crotch.

AVOID IT: "Change your razor blade frequently – every two weeks – and use a moisturising shaving gel so that there's no 'drag' from your razor which causes irritation and rashes," says *Cosmo's* beauty editor Sarah Macrae. "You should also shave in the direction of hair growth, even though it feels strange, as this will help prevent ingrown hairs.

Apply a soothing serum that has vitamin E or aloe vera in it after you shave to help

calm your skin and then make sure that you use a body scrub every two to three days, so that you get rid of any dead skin that can block hairs from growing through."

TREAT IT: "For ingrown hairs, don't pick/try to squeeze them out as doing this can lead to an infection," explains Macrae. "Use an exfoliator with AHAs or retinol to speed up cell turnover, so that hair comes to the surface of the skin faster. If you've got shaving rash, look out for cooling gels that have soothing, anti-inflammatory ingredients like aloe vera, tea tree oil, green tea and witch hazel." You'll be wanting them.

Urinary tract infections (UTIs)

We definitely don't want to stop you shagging like bunnies during the sexiest months – holiday sex, anyone? But the risk of contracting a UTI, an infection in the bladder and sometimes kidneys, is higher when you're doing plenty of summer lovin'. "Symptoms include pain with weeing and needing to go urgently and more frequently," says Dr Jane Hunt, a general practitioner who has a special interest in women's health at Holdsworth House Medical Practice in Sydney. "If the kidneys are involved, there can also be fever, lower back pain, nausea and vomiting."

AVOID IT: Remember to empty your bladder at least every four hours and always wipe

from front to back. Avoid the use of spermicidal jelly and always empty your bladder after sex. This helps clear the bacteria from your urethra.

TREAT IT: Go to your doctor if you have any signs of a UTI. They'll test your urine and prescribe antibiotics as well as providing something to ease the symptoms. Kidney infections can be more serious and may require a hospital visit for intravenous antibiotics.

Sexually transmitted infections (STIs)

As party season approaches, make sure you keep your wits about you because drunken sex without condoms can have some pretty ugly consequences. "The most common STI in Australia is chlamydia," warns Dr Hunt. "However, we are also seeing increases in other infections such as genital warts, genital herpes, trichomoniasis, gonorrhoea, syphilis, hepatitis B and C and HIV." Warning signs can include genital skin rashes, discomfort, discharge, odour, or pelvic pain. However, it is very common to have no symptoms, so go get yourself tested regularly.

AVOID IT: Make sure that he wears a condom (or she wears a dental dam) every single time, no exceptions.

TREAT IT: If you notice any of these symptoms, go and see your doctor straight away so that they can provide a quick diagnosis and treatment.

Shari Nementzik 

58th TV WEEK LOGIE AWARDS 2016

VOTE NOW



Win a VIP trip to the Logies!

Voting is now open for the 58th TV WEEK Logie Awards 2016! Head to www.tvweeklogieawards.com.au before Sunday, January 17, 2016 to have your say. Not only will you be supporting the best of Australian TV, but you'll also go in the draw to win the ultimate VIP prize, including two tickets to join all your favourite stars at the TV WEEK Logie Awards, flights, accommodation and more! You can only vote once, but check out TV WEEK magazine during the voting period for the code word to receive bonus entries into the prize draw when you vote.



Voting closes

January 17, 2016

To vote, visit www.tvweeklogieawards.com.au



VOTING AND COMPETITION CLOSSES AT 11:59PM AEDST ON JANUARY 17, 2016. Open to Australian residents. For the removal of doubt, only one (1) vote per person is permitted. All votes receive one (1) entry per person and, where a TV WEEK code word is included, an additional four (4) entries will automatically be added. Entrants must retain the product barcode (from the TV WEEK they purchased during the promotional period) for their entry as proof of purchase. Prize must be redeemed in full and as a package on May 8, 2016. The draw will take place on February 5, 2016 at 10:00am (AEDST). For full terms and conditions, go to www.magshop.com.au/weeklyterms. Please see <http://www.bauer-media.com.au/privacy.htm> for our privacy notice. The promoter is Bauer Media Pty Ltd (ABN 18053273546). Authroised under permit numbers: NSW: LTPS/15/07592 ACT: TP15/07555.

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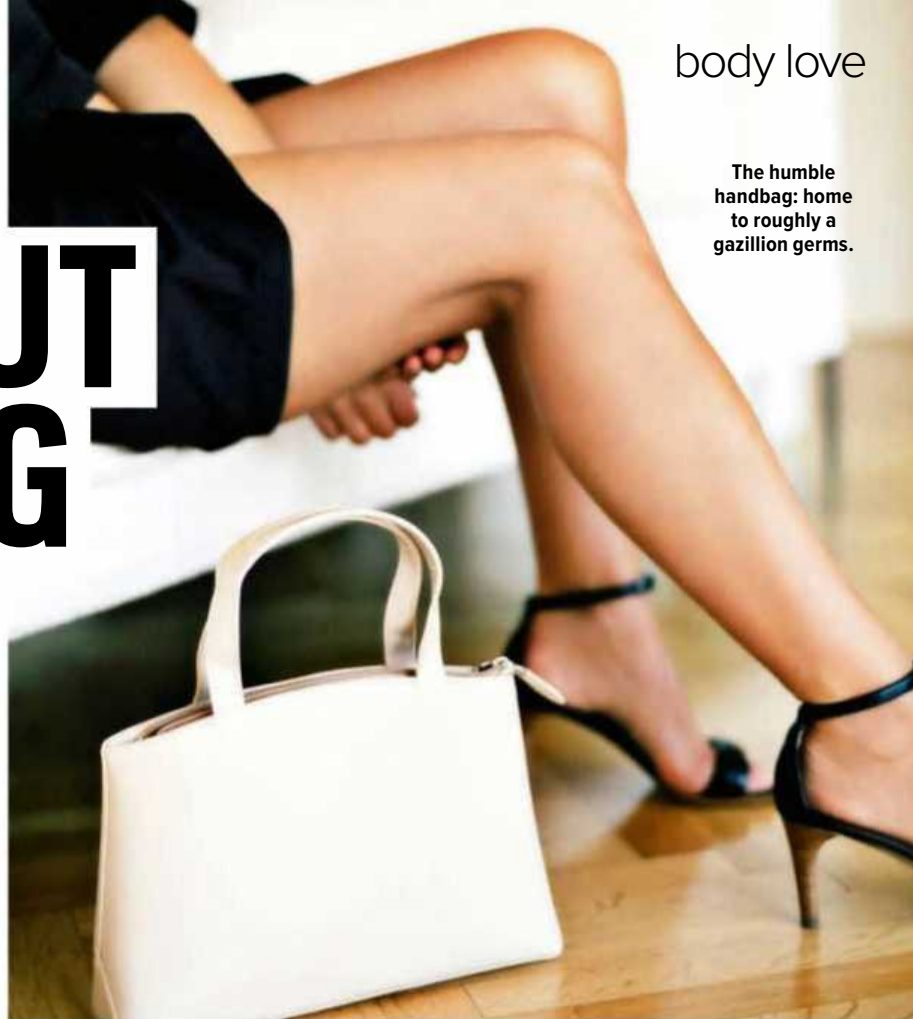


@TVWEEKmag

The humble handbag: home to roughly a gazillion germs.

WHY YOU SHOULD NEVER PUT YOUR BAG ON THE FLOOR...

...and six more horrifying germ hotspots. If you think the loo seat is the worst, you're wrong



CASHPOINTS

When we tap our pin codes into a machine, we're collecting more than cash. Recent US research revealed cashpoints to be as dirty as public toilets: some carried *bacillus cereus*, a bacteria that can cause a type of food poisoning. As for the money you get out: scientists have found up to 135,000 bacteria on just one note.

BEAT THE BUGS:

- Wear gloves or wash hands or use disinfectant gel afterwards.

TOOTHBRUSH

Most of us keep our brushes just a few steps away from our loo. But with each flush, micro-organisms are ejected into the air one to two metres. Researchers at Manchester University found toothbrushes can contain 10 million germs – including *staphylococci*, *streptococcus*, *E.coli* and *candida* – all of which could

enter the blood stream through tiny nicks in your gums.

BEAT THE BUGS:

- Change your toothbrush or the head every three months.
- Never share.
- Don't leave it by the sink: put it in a cupboard.

GYM EQUIPMENT

The superbug MRSA can survive on surfaces for up to a month – and has been found to lurk on various items of gym equipment in US studies. The sweaty environment is just the place for bugs to incubate, ready to spread to the next user. As you tone your body, take care to guard against this all-too-real risk.

BEAT THE BUGS:

- Use an alcohol-based hand sanitiser to wipe your hands.
- Don't rely on a towel, which could also be infected.
- Use disinfectant wipes on handles or free weights.

DESK

Tests have revealed that some desks can carry 400 times the bacteria of the average toilet seat. Traces of food trapped in your computer keyboard, under equipment and brushed out of sight are a breeding ground for bacteria.

BEAT THE BUGS:

- Use disinfectant wipes – not sanitisers – weekly to clean your desk and equipment.
- When possible, hold back from eating at your desk.
- Taking a fresh air break could stop you succumbing.

YOUR PHONE

One in 10 of us now takes our phone or tablet into the loo. Researchers at the London School of Hygiene and Tropical Medicine swabbed nearly 400 mobile phones recently and found that almost every one of them harboured bacteria. And you put that on your face!

BEAT THE BUGS

- Use anti-bacterial wipes to clean phones and tablets regularly.
- Don't take your phone to the loo!

TV REMOTE

This is one of the dirtiest items in most homes, carrying SARS and MRSA, among other bugs. Hotel room TV remotes are the filthiest.

BEAT THE BUGS:

- Clean remotes with wipes.
- Encourage the whole family to wash hands after using the loo.

HANDBAGS

Where has it been – on the floor of a public loo or a bus? Did you put it straight on your desk or on the worktop? That's how to transfer bad germs.

BEAT THE BUGS:

- Hang your bag on the hook in public loos.
- Keep it on your lap on the bus.
- Wipe it regularly with disinfectant wipes. **June Walton**

MEET
YOUR...

WOMEN OF

Your votes have been cast and counted, and here they are! Your



SOCIAL MEDIA
STAR AND
COSMO'S
OVERALL
WOMAN OF
THE YEAR

KAYLA ITSINES

CREATOR OF BIKINI BODY
GUIDE, #KAYLASARMY
AND BOOTCAMPS

With 3.9 million Insta followers and counting, Kayla is now a fitness magnate to be reckoned with. In 2015 alone, her *Bikini Body Guide* took off around the globe, she did a world tour and brought out a range of fitness products. Not bad for someone who was a full-time PT only two years ago.

TV
PERSONALITY
OF THE
YEAR

SYLVIA JEFFREYS

NEWS PRESENTER ON
CHANNEL NINE'S
THE TODAY SHOW

She's gone from being a presenter in Qld to landing the dream journalism job in the swanky digs of *The Today Show*. Still, she remembers her roots and stands up for what she believes in (cough) online article about a "wardrobe malfunction" (cough) and this makes her even more likeable.

FASHION
DESIGNER
OF THE
YEAR

SAMANTHA WILLS

FOUNDER OF FASHION
AND JEWELLERY LABEL
SAMANTHA WILLS

The highlight of her impressive career was being nominated for an Australian of the Year award for 2016. Her big break came when some of her jewellery pieces were featured on *Sex and the City* – now she lives in that very city, New York, and her clients include RiRi and Lady Gaga.

ARTIST
OF THE
YEAR

DELTA GOODREM

SINGER AND COACH
ON *THE VOICE*
AUSTRALIA

It's been a seriously whirlwind year for Australia's sweetheart. She returned alongside megastars the Madden brothers, Ricky Martin and Jessie J as a coach on *The Voice*, her single *Wings* skyrocketed to number one on the charts and she was cast as Grizabella in the hit musical *Cats*.

ENTREPRENEUR
OF THE YEAR

JANE LU

CEO AND FOUNDER
OF ONLINE CLOTHING
STORE SHOWPO

From its humble roots in a garage, Showpo has grown to become one of Australia's largest online retailers. Jane just introduced a "try before you buy" option, setting Showpo apart from competitors. She also works closely with Project Futures, raising funds to combat human trafficking.

THE YEAR



very deserving and goosebump-inducing winners of our Fun Fearless Female Awards!



**RADIO
PRESENTER
OF THE
YEAR**

EMMA FREEDMAN

THE SCOOP SHOW AND
NATIONAL DRIVE NEWS
PRESENTER

Instead of wallowing in self-pity after being (very publicly) fired from her weather-presenting gig, Emma's made a triumphant return, landing herself a shiny new radio job and taking out the top prize on *Dancing with the Stars*. Forget dancing queen, she's this year's comeback queen!

**GAME
CHANGER
OF THE
YEAR**

KATRINA KESHISHIAN

CAMPAIGNER
FOR RAPE VICTIM
COMPENSATION

Katrina singlehandedly got 24,000 victims of crimes the compensation they deserved. After being gang raped in 2008, she was promised compensation, but it was lowered when the government changed the laws retrospectively. She refused to accept it and got 130,000 people to sign her petition.

**SPORTS-
WOMAN
OF THE
YEAR**

ELLIE COLE

WORLD RECORD-
SETTING PARALYMPIC
SWIMMER

After a double shoulder reconstruction, Ellie owned the pool at the IPC World Swimming Championships, taking out three gold medals and smashing a world record too. "What a champion" is a serious understatement. Keep your eyes peeled for her on the podium at Rio, why don't you?

**ACTRESS
OF THE
YEAR**

MIRANDA TAPSELL

THE SAPPHIRES
AND *LOVE CHILD*,
CHANNEL NINE

She's a powerful actress who's claimed 2015 as her own. From winning Logies for most popular new talent and most outstanding newcomer, to using her acceptance speech to call for more diversity in Aussie TV, Miranda is a fearless female who's not afraid to use her upbringing to create change.

**COSMO'S FFF
HALL OF
FAME
INDUCTEE**

JULIA GILLARD

AUSTRALIA'S FIRST –
AND ONLY – FEMALE
PRIME MINISTER


Since stepping down as Australia's first female Prime Minister, Julia has continued her fight for women's rights, campaigning for education of girls in developing countries. She's part of Hillary Clinton's presidential campaign video too, praising her efforts for gender equality. ■

HENKELL

MAKING LIFE
SPARKLE SINCE 1856



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COSMOPOLITAN
FUN FEARLESS FEMALE
WOMEN
of the **YEAR**

LIFESTYLIST



HOW TO DESIGN THE PERFECT GALLERY WALL

Can't decide between artsy pieces, quirky prints and cute photos? No problem! We can make them look ah-mazing together



WORDS AND STYLING BY ALEXIS TEASDALE. PHOTOGRAPHY BY ANDREW FINLAYSON/BAUER. PRINTS: 1. \$35, PRINTS TO FRAME FROM HARD TO FIND (HARDTOFIND.COM.AU); 2. \$49.95, BLACKLIST (BLACKLISTSTORE.COM.AU); 3. \$60, JUST SAYIN GIRL (JUSTSAYINGGIRL.COM); 4. \$18, MISS POPPY DESIGN (MISSPOPPYDESIGNSHOP.COM); 5. \$60, JUST SAYIN GIRL (JUSTSAYINGGIRL.COM); 6. \$74.95, BLACKLIST (BLACKLISTSTORE.COM.AU); 7. \$110, ZOOMATECH FROM HARD TO FIND (HARDTOFIND.COM.AU); 8. \$30, PAPIER D'AMOUR (PAPIERDAMOUR.COM.AU); 9. \$18, MISS POPPY DESIGN (MISSPOPPYDESIGNSHOP.COM); 10. \$74.95, BLACKLIST (BLACKLISTSTORE.COM.AU); 11. \$49.95, BLACKLIST (BLACKLISTSTORE.COM.AU)



GET PREPPY

The quickest way to your wall looking like a hot mess is to freestyle it. Although it may take a bit more time, you will thank us for this later

- 1 Play around with the frames on the floor, mixing and matching until you love the arrangement.
- 2 Trace the shapes of the frames you've selected onto butcher paper and cut them all out.
- 3 Tape your cut-outs to the wall. Make sure that you like the height of your display and how it fills the space.
- 4 Prepping with paper makes placing the nail easy. Once you've hammered it in, tear the paper away. Simple.
- 5 Hang your frames (one by one) and prepare for adoration (you are practically Charlotte from *SATC* now).



Prints: \$60 each, Just Sayin Girl (justsayin girl.com)

Frames: from \$2.99, IKEA (ikea.com/au)

FRAME IT

You can go as cheap or as luxe as you like with frames. We love IKEA for grabbing different-sized options that still match each other. A mix of different frame shapes and styles can look amazing too. For a slightly more "matched" approach, choose different styles in the same colour.

HOW'S IT HANGING?

No nails allowed? Try these hammerless solutions

3M STRIPS

(or God's gift to renters) should be your go-to! It can get pricey for a gallery wall but still nowhere near losing your deposit.

LEAN FRAMED PRINTS

against a wall or a window sill in a layered display for a no nails, no worries solution!

STRING WIRE

from small holes in the corners of the room (you're more likely to get away with it there) and hang (light!) art from them to create a cool display.

USE STRAIGHT PINS

(like you use when sewing) to hang up your lighter prints. Once removed, the holes are nearly invisible.

AFTER A MORE DIY LOOK?

Use cute coloured or monochrome washi tape to stick your prints down.

HOLES IN THE WALL

If you're fine to pop a few holes in the wall but change your mind faster than Kim Kardashian switches husbands, opt for a less permanent option, like clipboards. When you get bored of a print or are dying to put up a new photo, you can easily swap them out.

CLASSIC COCKTAILS, NOW BETTER FOR YOU!

In case you're planning on partaking in a party tipples or 20 this festive season

CHOICES, CHOICES

HOW TO
MAKE
SMALL
TWEAKS
TO THE
CLASSICS

► **Piña Colada:** Blend together ½ cup ice, ½ cup coconut milk, ¼ cup fresh pineapple chunks, and 1 shot white rum. *Fresh fruit – tick! Superfood, coconut – tick!*

► **Margarita:** Blend 1 shot simple syrup made of coconut sugar, juice from ½ lemon and 1 lime, 1 shot of tequila, and ½ cup of ice. Skip the salt but garnish with a slice of fresh lime. *Skip pre-mixed marg mixers and make yours from scratch using coconut sugar instead of the refined kind.*

► **Classic Mojito:** Muddle 12 fresh mint leaves, the juice of ½ lime, and 1 tablespoon simple syrup made of coconut sugar. Add a few ice cubes and pour in 1 shot of light rum and ¾ cup mineral water and garnish with a lime wedge. *Mmm fresh mint, delish! To make your mojito even healthier, skip the syrup altogether.*

► **Pear Martini:** Muddle half a ripe peeled pear in the bottom of a cocktail shaker. Add ice, ½ shot fresh-squeezed lemon juice, and 1 shot of vodka. Strain into a martini glass and garnish with a slice of fresh pear. *A slightly sweeter version of the classic that will count towards your daily serve of fruit (we promise).*

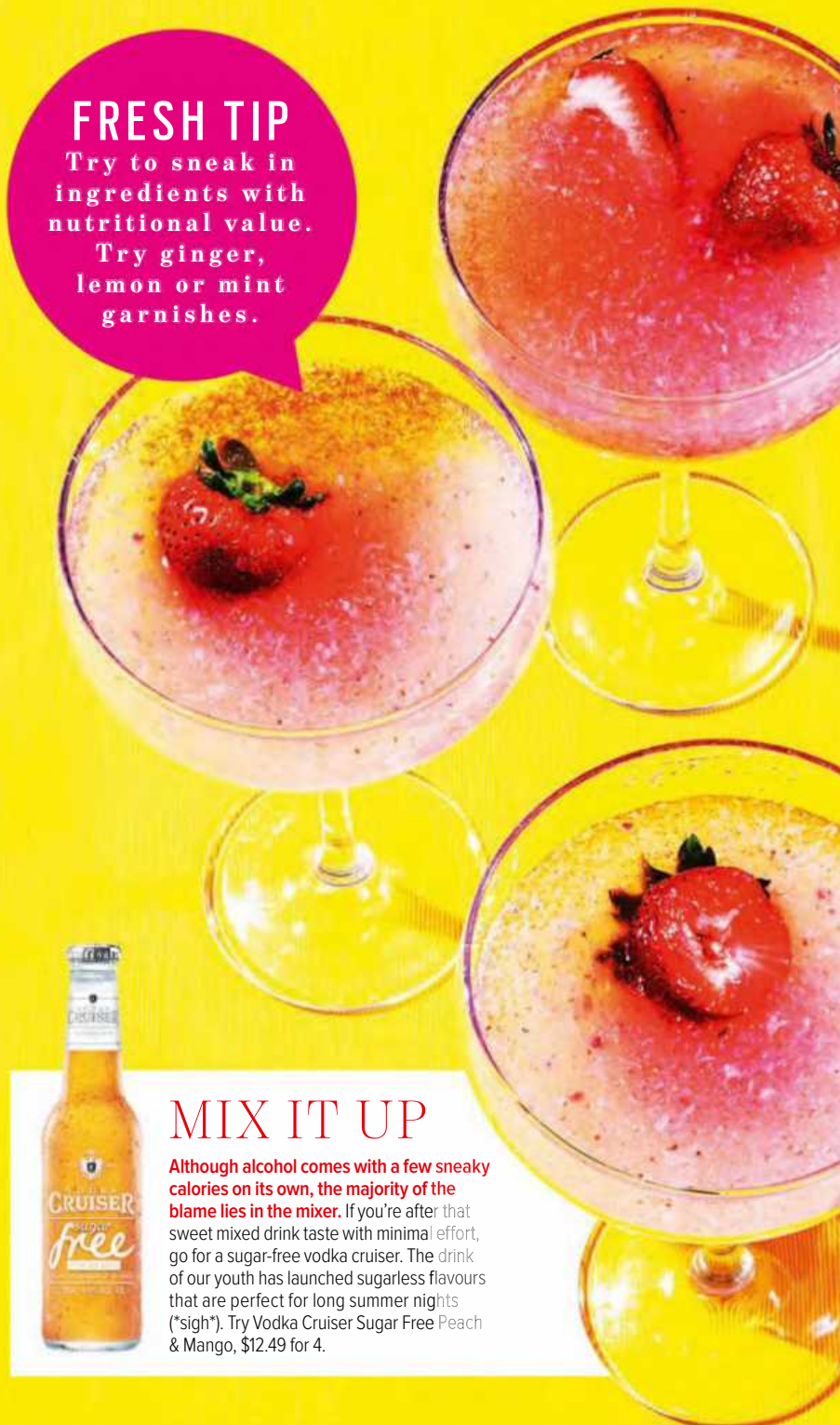
► **Raspberry Bellini:** Puree ¼ cup of raspberries and add a tablespoon of the mixture to a champagne flute. Top with a sparkling wine like Yellowglen Yellow Brut Cuvee, \$5.95. *Forget topping your sparkling with orange juice, no sugar-filled mixers here!*

FRESH TIP

Try to sneak in ingredients with nutritional value. Try ginger, lemon or mint garnishes.

MIX IT UP

Although alcohol comes with a few sneaky calories on its own, the majority of the blame lies in the mixer. If you're after that sweet mixed drink taste with minimal effort, go for a sugar-free vodka cruiser. The drink of our youth has launched sugarless flavours that are perfect for long summer nights (*sigh*). Try Vodka Cruiser Sugar Free Peach & Mango, \$12.49 for 4.



INDOOR PLANTS YOU CAN'T KILL

They look awesome, are good for your health and take way less work than a puppy

WHY DO I NEED PLANTS?

cough cough I'm sick

Plants increase humidity levels and decrease dust, which reduces your chances of getting a cold by up to 30 per cent. Caring for plants can also help with mental health, giving you a sense of purpose and making you less stressed. They've even been shown to decrease recovery time in surgery patients.

WHAT PLANT IS FOR ME?

BEST IF...

YOU FORGET TO WATER IT

Cactus These desert plants only need to be watered once a month.

Bromeliad Only needs watering when the soil is dry. Winner!

BEST IF...

YOU LIVE IN A CAVE

Peace lily These plants do well in shade and cooler temperatures.

Snake plant They don't need much water to survive, and are happy with no sunlight or tons!

BEST IF...

YOU WANT TO COMMIT

Orchid Beautiful to have around but (kinda) hard to maintain. Keep it somewhere light and fertilise every few months. Bonus: orchids are one of few plants that take in carbon dioxide and release oxygen during the night – perfect for bedrooms!

From \$110, Happy Place Terrariums (happyplace.terrariums.com.au)

BUILD YOUR OWN TERRARIUM

1. Pick a cool glass bowl.
2. Add a layer of small rocks and pebbles to the bottom.
3. Add a thin layer of potting charcoal to keep soil fresh.
4. Throw in enough soil for the plant's roots to grow.
5. Accessorise! Moss, pebbles and statues are all fair game.



MMMORE!

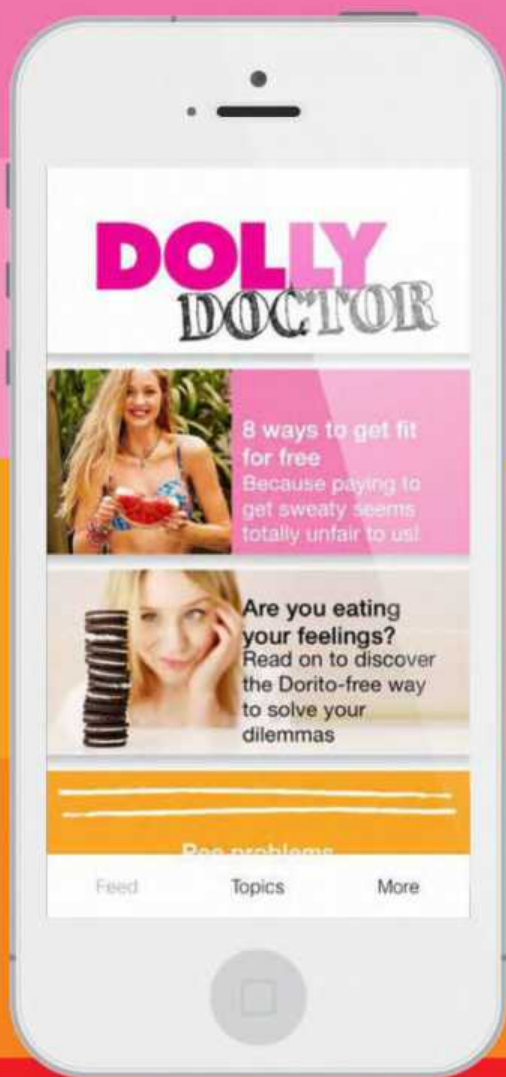
Here's a handy step-by-step of how to make a terrarium.





DOLLY DOCTOR ANSWERS ALL YOUR QUESTIONS

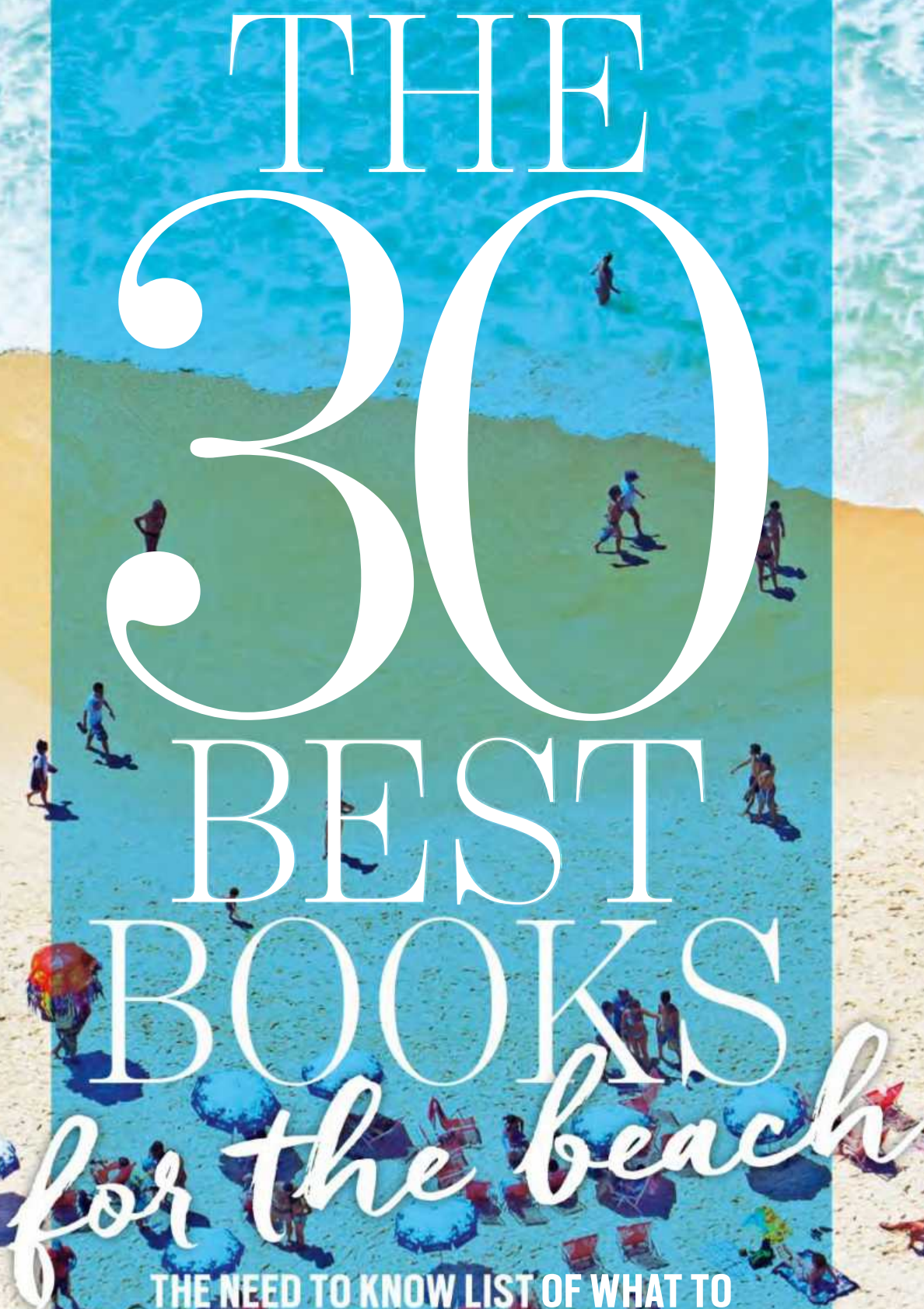
FREE!



FASHION & BEAUTY TIPS / HOW-TO VIDEOS / EVENT COVERAGE
INTERVIEWS & MORE!

Search for **Dolly Doctor** on the

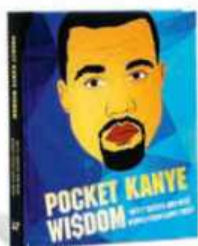




THE 30 BEST BOOKS *for the beach*

THE NEED TO KNOW LIST OF WHAT TO
READ WHILE YOU'RE CHILLIN' OUT, MAXIN',
RELAXIN' ALL COOL THIS SUMMER

THE "NO BRAINERS" ...LITERALLY!



1. FOR A LAUGH: POCKET KANYE WISDOM, \$12.95 (Hardie Grant)
With quotes like, "There's nothing I really wanted to do in life that I wasn't able to get good at," Yeezy's musings will entertain.

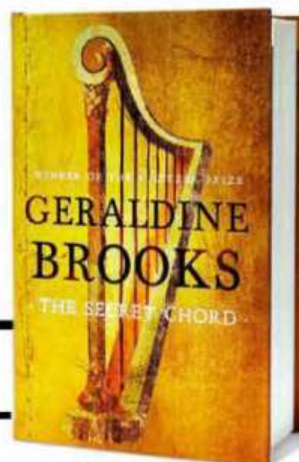


2. TO TOAST: THE CHAMPAGNE GUIDE 2016-2017, Tyson Stelzer, \$49.95 (Hardie Grant)
Wine snobs jog on – it's all 'bout the bubbly. From Barons de Rothschild to Bollinger, it'll help you pick the best drop.



3. FOR THE LOVERS: IF SOMEONE SAYS "YOU COMPLETE ME," RUN!, Whoopi Goldberg, \$29.99, (Hachette Australia)
This page-flipper is filled with honest (and on point) relationship advice, Whoopi-style.

4



FROM THE PULITZER PRIZE WINNER...

THE SECRET CHORD, Geraldine Brooks, \$39.99 (Hachette Australia)

Based in the biblical time of King David, this tale of the rise and fall of Goliath's conqueror is filled with *Game of Thrones*-esque intrigue, royalty and revolt.

THE NEW #LYFSTORIES

5. MY LIFE, MY LOOK, Carla Zampatti, \$45 (HarperCollins Publishers)
From Australia's fashion iconoclast, you won't be able to put this tale of ambition down.

6. ISLAND HOME, Tim Winton, \$39.99 (Penguin Random House)
Learn how Australia has shaped Winton's style of prose.

7. PLAIN-SPEAKING JANE, Jane Caro, \$34.99 (Pan Macmillan)
Find inspo from a woman who's seen it all.

8. HUNGER MAKES ME A MODERN GIRL, Carrie Brownstein, \$32.99 (Hachette Australia)
Whether you are Riot Grrrl or *Portlandia* posse, this is a chunk of feminism and pop culture.

9. RECKLESS, Chrissie Hynde, \$35 (Penguin Random House)
Look past the media storm into this great rock and roll memoir.

10. BODY LENGTHS, Leisel Jones, \$29.99 (Nero)
Swimming, success and sadness – all wrapped up in the bio of one of our greatest athletes.



QUICK & DIRTY (AND A LITTLE BIT DEEP)

11. TRUST, Mike Bullen, \$29.99 (Hachette Australia) A sharp read about marriage and choices.

12. WHERE'D YOU GO, BERNADETTE, Maria Semple, \$25.99 (Hachette Australia) A detective read through emails and collected evidence.

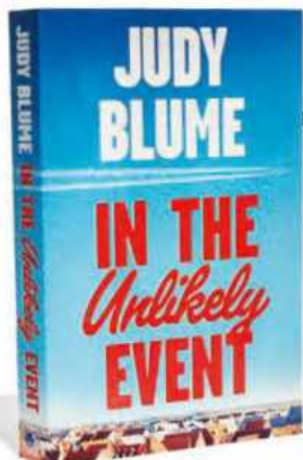
13. THE MAGIC STRINGS OF FRANKIE PRESTO, Mitch Albom, \$35 (Hachette Australia) This guy wrote *Tuesdays with Morrie* and this book has as much heart.

14. ACCORDING TO YES, Dawn French, \$32.99 (Penguin Random House) A cheeky look at NYC's upper east side.

15. SHOPAHOLIC TO THE RESCUE, Sophie Kinsella, \$32.99 (Bantam Press) Less about shopping, more about intrigue in Vegas.

16. PARIS, HE SAID, Christine Sneed, \$29 (Bloomsbury) From NYC to Paris for love, with money and art. See the similarity? Carrie Bradshaw and Aleksandr Petrovsky!

17. FATES AND FURIES, Lauren Groff, \$32.99 (Penguin Random House) A layered read told from two angles.



THE GREAT COMEBACK...

IN THE UNLIKELY EVENT, Judy Blume, \$29.99 (Macmillan)

◀ Blume's first adult novel in 15 years explores a New Jersey community in the aftermath of three separate plane crashes. If you stick with it through the back and forth of different perspectives, you're rewarded with the old-school Blume you loved as a kid.

18

THE ESSENTIAL CULT CLASSICS 2.0



19. GO SET A WATCHMAN, Harper Lee, \$45 (William Heinemann) The prequel to the classic *To Kill a Mockingbird*.



20. AMERICANAH, Chimamanda Ngozi Adichie, \$19.99 (HarperCollins Publishers) Two lovers separated by war. All the feels.

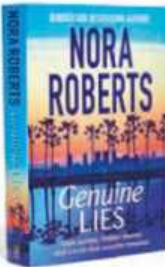


21. ON THE ROAD, Jack Kerouac, \$22.95 (Penguin Random House) An essential tale of maturity and growth on the road...

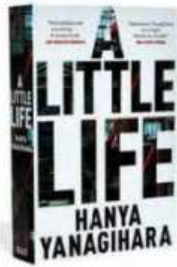


22. I KNOW WHY THE CAGED BIRD SINGS, Maya Angelou, \$19.99 (Penguin Random House) A true tale of strength.

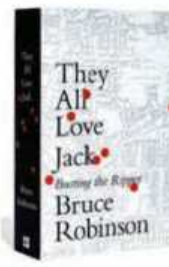
THE TOUR DE FORCE



23. GENUINE LIES, Nora Roberts, \$29.99 (Hachette Australia) Dip into this for "whodunnit" value mixed with Hollywood glamour.



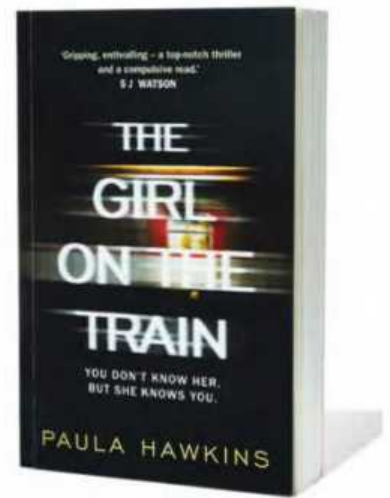
24. A LITTLE LIFE, Hanya Yanagihara, \$32.99 (Macmillan) Four friends chart careers, loves and losses from the highs to past struggles.



25. THEY ALL LOVE JACK, Bruce Robinson, \$32.99 (HarperCollins Publishers) An in-depth look at the hunt for Jack the Ripper.



26. THE LUMINARIES, Eleanor Catton, \$24.99 (Allen & Unwin) 832 pages of cliff-hanging crime in 19th century NZ.



27

IF YOU ONLY READ ONE BOOK THIS SUMMER

THE GIRL ON THE TRAIN, Paula Hawkins, \$32.99 (Doubleday)

A tale of murder and intrigue, this is perfect for anyone bored of the chick lit genre, but not into hardcore thrillers that double as door-stoppers. Anything lauded as the new *Gone Girl* has our attention.

IF YOU LIKED...

28. HARRY POTTER... Read CARRY ON, Rainbow Rowell, \$24.99 (Pan Macmillan) Simon Snow is studying magic and mysterious beings are out to destroy him.

29. 50 SHADES... Read SWEET FILTHY BOY, Christina Lauren, \$19.99 (Simon & Schuster) The language is as cringeworthy as *50 Shades* but 'tis a steamy read.

30. THE GIRL WITH THE DRAGON TATTOO... Read THE GIRL IN THE SPIDER'S WEB, David Lagercrantz, \$32.99 (Hachette Australia) Following on from the original series, this still has badass hacker Lisbeth Salander front and centre.

28

RAINBOW ROWELL  CARR

29

Sweet FILTHY BOY CH

30

DAVID LAGERCRANTZ
THE GIRL
IN THE
SPIDER'S
WEB

dotrybuy

See what made our shortlist this month



1. Fun, fearless feels

Now, the fun, fearless spirit that defines *Cosmopolitan* is infused with the scent of bergamot, nectarine and caramel. RRP from \$29 (30ml). Available at Priceline and selected Terry White and Nova Pharmacy stores.

2. #OnPoint

Hide those pointy nips with Hollywood Silicone CoverUps. The self-adhesive, hypoallergenic material is practical while the finely tapered edges ensure the smoothest appearance possible. RRP \$19.95. For stockists, head to hollywoodfashiontape.com.au.

3. Hair hero

The wait is over! See what over +75 million people are talking about online, with the Dafni Hair Straightener. Simply brush through your hair for straight and smooth hair within minutes! Available only at Shaver Shop in store and online at shavershop.com.au.

4. Straight up

If you're over using clunky irons to style your strands, try the revolutionary Dafni Hair Straightener. Simply brush through your hair and have smooth, sleek results in minutes. RRP \$299. Available only at Shaver Shop, in store and online at shavershop.com.au.

5. Spa quality

Veet Spawax professional warming kit offers spa-quality smoothness at home (so you can spend your \$\$ on coffee instead). Veet Spawax Stripless Wax Warming Kit RRP \$59.99, refills RRP \$14.99. Available at all leading supermarkets and pharmacies.

6. Sore no more

ViraproX lip balm is designed to prevent and relieve the discomfort of cold sores. With menthol, moisturisers, lysine and SPF 30 protection, it is your handbag superstar. RRP \$7.95. Available in Pharmacy. Visit egopharm.com for more.

7. Double the love

In the mood for a little indulgence? Tim Tam Chocolicious bite-sized treats combine delicious layers of crispy biscuit with creamy goodness and double the chocolate coating – yum! Available in most supermarkets.



8. One of a kind

We've got the perfect beach boho outfit sorted – Rip Curl's Solstice Onesie. It's sexy yet practical, so we obvs love it. RRP \$79.99. Get yours at ripcurl.com.au.



2016

BEDSIDE ASTROLOGER

Experience 2016 to the fullest with a little foresight. Read on to discover the thrilling possibilities the year ahead holds for your sex-life and your life-life. The stars are the limit!



CAPRICORN

23.12-20.01

SELF-ASSURED | SPUNKY | GENUINE

LIFECAST

The world is your oyster this year. You'll flourish by trusting your instincts. A quick trip will perk up any pessimistic feelings, especially in April and November. The seeds you sow in February will blossom into big wins by May. Reward yourself by slowing it down and relaxing over the winter months, because your rise to the top will speed back up in September!

SEXYCAST

You put in the time to make things happen with your career – now channel some energy to your love life. Get in the game and soon swipe-right types will be blowing up your phone. Jan and March have sexy potential, so dress up and get out there. When someone sparks your interest, don't hide your brilliance as a background player – be the star of your own love story.

SUCCESS DAYS

MAR/ SEP/ OCT/
23 09 11

LIFECAST

Flex your creative muscles and beef up your social skills right at the start of the year. Getting involved in charity work or meaningful group activities is the perfect way to spread your positivity and cheer. Capitalise on that momentum in February, and by April you'll progress in an area that had seemed out of reach. Dedicate September to making sure your body is strong and well-fuelled – you'll need energy to seize the big opportunities coming your way.

SUCCESS DAYS

JAN/ FEB/ NOV/
02 13 09

SEXYCAST

This year you embrace the unique unicorn you are and stop downplaying your quirks, humour and intellect. Showing your true self is the only way you'll make a connection – and this is the year to make that happen. In Jan, spend time with spunky souls who share your interests. October shows promise of sending a charming, sociable hottie your way. Look past the flirting, this one might be worth more attention.

SEXY DAYS

FEB/
17

AUG/
12

SEP/
03

SEXY DAYS

JAN/
23

JUL/
16

NOV/
12

21.01-19.02

AQUARIUS

BOLD | PROGRESSIVE | OFFBEAT

21.03-20.04

ARIES

ENERGETIC | STRIKING | DETERMINED

LIFECAST

Create a routine that nourishes your creative side to avoid getting overwhelmed by work.

Scope out painting studios, dance classes or a coding course to keep those juices flowing. By July, VIPs will have noticed and give you the attention and boost you deserve. When a new door opens in October, stride on through it with the confidence that you are well-prepared to rock whatever is on the other side.

20.02-20.03

PISCES

MISCHIEVOUS | DREAMY | CLEVER

SUCCESS DAYS

MAR/ AUG/ DEC/
08 12 19

SEXYCAST

Your 2016 will start with a series of harmless but hot flirtations between you and a smorgasbord of interested parties. Feb is the perfect month to let yourself get swept away by a romantic. Go with it, and trust your intuition. You know what you need best at any given moment. If you're ready to commit and lock things down with someone serious in April, make sure you know the real them — not the love-at-first-sight fantasy version.

SEXY DAYS

MAR/
12

AUG/
27

SEP/
16

SEXY DAYS

MAR/
23

AUG/
03

SEP/
09

LIFECAST

Focus is key for you this year and FOMO is your eternal nemesis. Don't let yourself be distracted by people who could steer you off track. Keep your personal drive in high gear and you'll surprise even yourself with all you accomplish by May. Then take some well-deserved time off. A tropical escape will help cool your jets and give you fresh energy so that by the time September swoops in you'll have the willpower to pull out all the stops for a project.

SEXYCAST

In the past, you have tried on suitors for size, enjoying their hijinks even if none of them stuck. Now you are heading for love like a heat-seeking missile! You could meet your match after a passionate lunar eclipse in March. Come August, you'll be steaming things up with a very attentive someone. You might have some fun with a shameless charmer. Enjoy, but if he proves to be all slick, no substance, keep on moving. ♡v

SUCCESS DAYS

MAR/ SEP/ DEC/
31 25 02

GEMINI

22.05-21.06

SPIRITED | AFFECTIONATE | ADAPTABLE

SEXY DAYS

APR/
30

MAY/
13

AUG/
27

SUCCESS DAYS

MAR/ JUN/ SEP/
08 12 16

LIFECAST

Your career is firing on all cylinders and will stay in overdrive all year. Inspiration that strikes in March could pay off as early as May, so pursue any creative projects that strike your fancy. By June, you might be presented with an opportunity from a traditional company. Be fresh-thinking, and show how you can deliver solutions they may not imagine. By November you'll be unstoppable!

LIFECAST

You're coming into your own this year, and as a result, fab opportunities are heading your way. Embrace your power! If something isn't working for you in January, rip off the band-aid and move in a new direction.

You'll find your rhythm by June and catch the attention of people who can support your vision. Take some quick getaways in March and November, and show off all you've accomplished in between when the limelight finds you in September.

21.04-21.05

TAURUS

INTUITIVE | DEPENDABLE | ROMANTIC

SUCCESS DAYS

APR/ MAY/ SEP/
05 22 23

SEXYCAST

This is your year to get yours! Your romantic situation may have changed so imperceptibly that you haven't noticed the seismic shift heading your way. That's perfect, a slow build-up is just what the heart doctor ordered. May will be a dreamy month when a vacay could lead to sparks. If you're solo in September, it'll be by choice since you'll have lots of options – only sweeties need apply!

SEXY DAYS

JAN/
09

AUG/
25

OCT/
30

SEXYCAST

The adoring public can't get enough of you right now! Your natural charisma is what pulls people into your corner... and your bed. In February, a rebellious soul may inspire you to live life to the fullest. In July an escapade with close friends (or a friend with benefits) will make you feel cared for. Share your time with people who make you feel both grounded and giddy.

SEXY DAYS

JAN/
23

JUN/
17

NOV/
12

LIFECAST

Don't ignore your mental or physical health. You won't be able to knock out your monster to-do list if your body is down for the count. January and July are ideal times to work up a sweat with a new fitness routine, especially something that engages mind and body, like yoga. A career opportunity in April may tempt you. Do a gut check: if it seems just a little scary and a lot exciting, go for it!

SEXYCAST

Big-personality suitors who bring out your playful side will be courting you from all corners this year. When someone tries to sweep you off your feet with a romantic getaway in March, go for it. With all the attention you'll be getting by August, your confidence will soar. Hold on to that so when the holidays bring someone who might be more than mistletoe merriment, you go for what you want.

LIFECAST

Keep that phone charged: you won't want to miss a call or text from all the new, valuable contacts you're making. Step up when unusual projects present themselves, and educate yourself on the best ways to bring them to fruition. In both March and July, you'll have opportunities to show everyone just how much you've learnt. October will be an absolutely radiant month as the successes you've been working towards are realised.

SEXY DAYS

FEB/
17

OCT/
30

DEC/
07

SUCCESS DAYS

APR/ MAY/ JUL/
28 13 14

23.07-23.08

LEO

OUTGOING | BIG-HEARTED | JOYFUL

CANCER

22.06-22.07

COMPASSIONATE | SWANKY | GRACEFUL

SUCCESS DAYS

MAR/ JUN/ NOV/
23 29 24

SEXYCAST

This is the year for you to identify who will help in making your dreams come true. There may be a relationship that isn't lifting out of the friend zone. Being honest about that will free both of you to pursue hotter connections. You might realise that another relationship has nonplatonic possibilities. Go slow and you will build true intimacy. Things will shift in February and April, and by September, you'll likely be where – and with whom – you want to be. 💕



24.08-23.09

VIRGO

SOPHISTICATED | LOYAL | OBSERVANT

SUCCESS DAYS

MAY/ AUG/ SEP/
09 27 22

LIFECAST

The universe will be ever in your favour this year, so dream bigger than you ever have before and strive for the stars. This isn't the time for self-doubt. You'll want to be strong to capitalise on all prospects, so get thee to the gym in January to set the tone for the future. A new job could appear around April. Scope it out carefully, and if it offers potential for personal and professional growth, just go for it!

SEXYCAST

Lucky Jupiter is in your sign until September, essentially rolling out the red carpet of opportunity for you in 2016. Others will bend over backwards to help in unexpected ways, but the proud part of you will rely mostly on your own mojo. February will be one of your most romantic months full of budding love. August will be sizzling and naughty, and in December, the life-changing magic of love may surprise you.

SEXY DAYS

MAR/
08

SEP/
16

NOV/
24

SEXY DAYS

MAR/
23

APR/
22

AUG/
30



LIFECAST

An exciting opportunity could present itself in May, giving you a chance to accomplish things you've dreamt about. If you want to move forward, it's time to leap and leave the past where it belongs. Use August to recharge by spending some time in a peaceful setting with friends or family. Work may be a little overwhelming in Oct when everyone needs something from you, but they're coming to you for advice because you're a rock star.

SUCCESS DAYS

JUL/ SEP/ OCT/
16 09 11

SEXYCAST

The forecast says super-steamy nights and an adventurous, sophisticated hottie are coming your way.

March will be a whirlwind of romance when someone goes from sext-y friend to "oh, it's you" in the span of a few weeks. Then in September, you're in for some thrilling surprises that pave the way for a real commitment, something that doesn't come easily to you. Trust!

LIBRA

24.09-23.10

GRACIOUS | ANALYTICAL | ENGAGING

SCORPIO

BOLD | PASSIONATE | ENIGMATIC

24.10-22.11

SUCCESS DAYS

JAN/ JUN/ OCT/
03 29 24

LIFECAST

Never one to shy away from a challenge, you're shouldering extra responsibility at work... and seriously impressing your bosses. Keep your business cards handy in April and make as many connections as you can. Resist the urge to take it easy this winter, because July has the potential to be one of your most productive months, especially in any tech-related pursuits. Come November, you will score a mega career coup.

SEXY DAYS

MAR/
20

MAY/
13

SEP/
23

SEXYCAST

You'll be spoiled with opportunities for love this year! Keep your heart and eyes open while travelling – you may get introduced to someone who might be that true partner-in-crime you've been searching for. If this new boo is confident enough to handle your fire and independence – both in and out of the bedroom – let yourself fall. By June, you should be ready to shout your devotion from the rooftops. In August, when it's time for some DTR talks, don't hold back. Let your love flag fly!

LIFECAST

You can do whatever you put your mind to right now as long as you don't get in your own way. Major power players at work are starting to take notice of you, so double-down and take advantage of all prime gigs that come your way. Act like the HBIC you are, and make time to take care of yourself. A wacky new workout fad might be just the thing to rev up your engines.

SEXYCAST

You'll spend this year purring like a content kitten, curled up in the right lap. Your instinct is to be forthright, but a little mystery will make you all the more desirable. On a beach escape in March, you'll feel the heat in more ways than one with someone thrillingly romantic. Later, your bae could turn out to be your plus one for the rest of the year.

SEXY DAYS

MAY/
24

JUN/
05

OCT/
30

SUCCESS DAYS

MAR/ AUG/ NOV/
06 27 12

23.11-22.12

SAGITTARIUS

IDEALISTIC | GENEROUS | BOHEMIAN



1. GIRL POWER WON THE MELBOURNE CUP

Michelle Payne told misogynists to "get stuffed" when she became the first female jockey to win the Cup.



3. BIEBER APOLOGISED FOR BEING A DOUCHE

A few years too late, but we still *believed* he was a good guy deep down, so his apology kinda worked.



4. HOT UNDER THE COLLAR

Two movies gave us serious feels: *Fifty Shades of Grey* and *Magic Mike XXL*.



2. BABY FEVER

Along with the second royal baby, Princess Charlotte, Blake Lively and Ryan Reynolds had little James <33.



10 THINGS THAT MADE US SMILE IN 2015

A lot of great stuff went down this year, but we've handpicked the best of the bunch



5. ALL HAIL CAITLYN

After following Bruce Jenner's courageous transition from male to female, we saw Caitlyn for the first time on the cover of *Vanity Fair*. The verdict? LOVE.



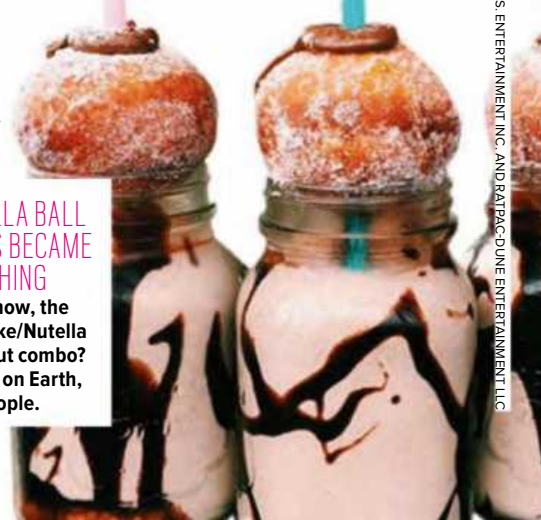
6. MARRIAGE EQUALITY MADE LEGAL

The US and Ireland legalised gay marriage. All the rainbows! *cough* come on Australia.



7. @HOTDUDESWITHDOGS

Enter: the one account that cranked up our Insta-feed's heat and cute factor at the same time.



10. TELLA BALL SHAKES BECAME A THING

You know, the milkshake/Nutella doughnut combo? Heaven on Earth, people.

9. NETFLIX LAUNCHED IN AUSTRALIA

And #netflixandchill was born *praise hands*.



8. MADELINE STUART BECAME A HIT

The then-18-year-old became the first professional adult model with Down Syndrome after owning the runway at New York Fashion Week.





WHERE VODKA GOES TO GET READY



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DRINK RESPONSIBLY



Entrants must be 18yrs+. Prize must be taken on dates nominated by Promoter (winner advised of dates by 22/1/16).

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